

# COSMOPOLITAN

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Strive to be the best at what you do.



9PM

#### PARTY IT UP

Don't let the night stop you from having fun!

COSMOPOLITAN

# MARCH

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# LABONI

## NAUTICAL INSPIRED

Combining nautical style and function this season's collection from Lacoste footwear offers the ultimate in modern casualwear taking you effortlessly from the deck to the city.

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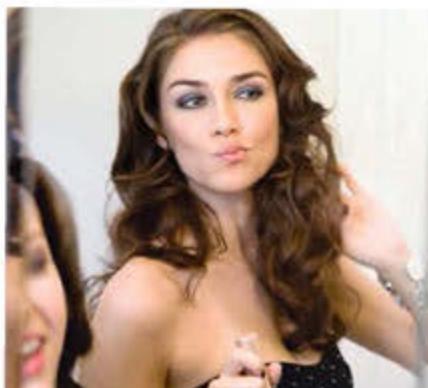
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#Gains.



## Grad Makeup in 5 Minutes Or Less

No time? No problem!



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## Applying For A Job? These Heels Are Made For Walking

Running from one building to another for job interviews is tiring, but these shoes are totally comfy. We promise.



## 10 Things Guys Do That Drive Us Crazy

"It's been four hours! Are you still playing that stupid game?"



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# Steal Coleen's Sunshine Glow

**Photographed by**  
**Paolo Pineda.** Bikini top from Angelfish, Bikini bottom from Naked Sun, Makeup by Robbie Piñera. Hair by John Valle. Styling by Donna Cuna-Pita and Happy Lopez. Art direction by Hazel Joy Malagonio. Nails by Imee and Elsa of Nail Artisan at Le Spa Sofitel using OPI In My Back Pocket.

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 SkechersPhilippines    SkechersPH

WOMEN'S MONTH SPECIAL

# COSMO

## contributors



**NADINE TENGCO**, nutritionist to the stars (her specialty: banishing belly bloat!), always says, "Abs are made in the kitchen!" She formulated Cosmo's "Your 7-Day Plan to a Flatter Belly," p.146. "While Filipinas are becoming more and more proactive about their health and beauty, we haven't figured out yet how best to expand our lives to accommodate our health goals. So I

wish for sustainability, which comes with understanding our bodies, ourselves, and our lives. Life's too short to look and feel terrible! I wish that health, beauty, and fitness become who we are, rather than things we have to do."

### DANICA MAGPANTAY

was one of Cosmo's 8 Sexiest Models in 2012. She was recently here on a short break from modeling in New York but made time for Cosmo (like she always does!) to star in "Sunday Staycation," p.126.

**"Self-confidence is a quality that's very important in my job. I believe every woman should embrace each of her unique qualities and attributes, because these are what make her even more beautiful. I want to keep empowering Filipinas to be as bold as they can be: Embrace who you are because you're truly beautiful."**



**CATH SOBREVEGA** of Qurator styled Ford model Danica Magpantay for "Sunday Staycation," p.126. She says she loves the trust and creative freedom she was given for the shoot: "The only instruction was: it should be very 'Cosmo'!"

**"When I get to dress someone up and she feels good about herself, it makes me feel good as well. My wish for the Filipina is to be comfortable in her own skin, whatever color it may be. And to love herself first and realize that it doesn't hurt to be selfish once in a while."**



**GABRIELA LEE**, who teaches writing and literature at UP, wrote "What's It Like Being a Woman in the Philippines?"

(p.110). She says, "My assignment was both painful and wonderful at the same time. It's important information to highlight for the discerning Filipina reader."

**"I wish more women were aware of their choices and given the chance to choose their own lives instead of just allowing other people to decide for them. The world would be in a much better place if we all stopped underestimating women and started treating each other with respect."**



BENCH/  
BODY

MICHAEL CINCO  
COLLECTION

# EVERYTHING IS AWESOME!

Girl, you know it. You need a vacation. Or else.

The usual telltale signs: You've turned into a sleep-deprived, carb-abusing negatron spewing vitriol at everyone from your coworkers to the social media universe. Your mind is elsewhere, and your body, on autopilot. You've already checked out mentally—you're there, but not really. You're just so super-sungit, *sabaw-utak*, and *sagad* to the bones exhausted.

The "or else," you need to take seriously. All that cerebral congestion is guaranteed to take a toll on your health—you'll get sick frequently, age faster, die younger. Studies abound: Taking vacations helps you live up to 20% longer, boosts your productivity at work, improves your emotional life at home.

What's more, getting away won't just give your brain and body badly-needed downtime as you disengage from your stressors, it forces you to engage yourself mindfully in every new experience. When we're on holiday, we can step back and see the bigger picture—and appreciate everything around us with a fresh, positive, eyes-of-a-child perspective: Everything is awesome! Imagine returning to work with this mindset. (Or imagine never having to return to work? Kidding!)

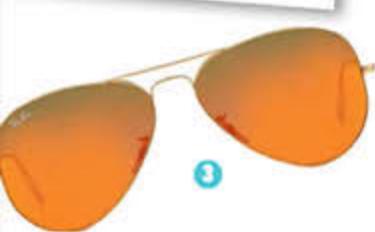
Cosmo puts you in this mindful mindset every month, and especially on vacation mode this month. Flip through March and even a lunch break out of the office will feel like a holiday—from our dreamy shoots "Surf Turf" (p.118), "Sunday Staycation" (p.126), and "A Toss-Up" (p.134), to cover girl Coleen Garcia in "Cool Girl" (p.28), plus all the preps and props you'll need to help you live in the moment (and there will be lots!) this summer.

So our big advice: "Kill the Negatron" (p.114) asap, yes even, "When Your Boss Hates You," (p.113.) "Get Inspired" 20 times by femmspirations who are *everything*, p.105. Arm yourself with vital stats about the sisterhood in "What It's Like to be a Woman in the Philippines" (p.110) to find out where we are and how far we still need to go.

This Women's Month, yes, do the work, but celebrate yourself. Everything is awesome, especially you!



## ►FWD MARCH



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IG, Twitter @myrzasison  
email myrza@cosmo.ph

1 Sexy surfer, top blogger, TV host and model Kim stars in "Surf Turf" on p.118. 2 Guess who ardently captured every move Kim made during our shoot in La Union? Chunky hubby Jericho Rosales, of course. 3 My summer can't live without? These orange Ray-Ban flashlens shades! 4,5 Perks of the job! Cosmo fashion editor Happy Lopez gets close to Echo, chambray-and-leather twinsies, editorial assistant Tricia Javier and art director Hazel Malagonio savor their Derek Ramsay sandwich. More on Derek, p.50. 6,7 We were absolutely wowed by Cosmo cover girl Coleen Garcia's sporty physique (best, most sculpted abs ever!) and cheerful, laidback aura during our cover shoot at the Sofitel Philippine Plaza Hotel. 8. Celeb BF Stalkerazzi No. 2, Billy Crawford! 9 Catch Cosmo's fave model *del giorno*, Fil-Italian Ambra Gutierrez on p.134.



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# IT'S A COSMO WORLD

## COSMOtivation

Inspiration with a Cosmo edge.



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### ✉ LETTER OF THE MONTH

"I'm an avid reader of *Cosmo* and the January issue was perfect for me. I'm a big fan of Kath, so it was such a treat to see my fave TV star on my favorite magazine! Also, 'Why Is It Hard to Get Over Your Ex?' really struck a chord, having come out of a pretty serious relationship; it definitely helped me understand myself and what I needed to go through post-breakup. And 'Instafit Celebrigram' was such a treat to read! I'm a fan of the stars featured, so it was definitely a boost for me as I try to get in shape this year." —Marian, 27

### FB & Twitter Chit Chat

@2014oldsoul I always feel kilig whenever Kath works with the genius Mr. Mark. 😊😊

@JeanneBabael Loving the articles of this month's issue, @cosmo\_ph! Inspired me to set my goals for this year ;) Keep up the good work

@iamlalasalapong KAATTHH 😊😊😊

@galveznica Thank you @cosmo\_ph

Abigail Rose Perez "7 Sex Zones You Musn't Neglect" written next to Kath's head doesn't look quite right haha, but I find her incredibly stunning

Bea Salvador Valencia-Pentino Perfect cover for the first month of the year! Fresh!!

Tsuna Malawani Thank you Cosmo for choosing our #TeenQueen as your first cover girl in 2015

Sittie Basaruden GANDA TALAGA 😊

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Innovation  
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Disclaimer: Nissan received the highest numerical score among auto manufacturers in the proprietary J.D. Power Asia Pacific 2014 Philippines Customer Service Index Study<sup>SM</sup>. Study based on 1,733 new-vehicle owners who purchased their vehicles between February 2012 and May 2013 and took their vehicle for service to an authorized dealer or service center between August 2013 and May 2014. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit [www.jdpower.com/corporate](http://www.jdpower.com/corporate).

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## HAPPY WOMEN'S MONTH!

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Cosmo staff are working on.

**PINTEREST**  
PINTEREST.COM/  
COSMOPOLITANPH



Because we know you love  
Cosmo photos this much!

# MARCH happy list



2

## Power Up

Going on a long trip alone? Make sure you have a working phone and a trusty portable charger in case of emergencies—and awkward small talk from strangers.



1

## STYLISH SETTINGS

*Wish you were spending all summer by the sea? Beach-ify your home, starting with your dining table. Trays in fun colors and nature themes (and a steady supply of iced coolers) might make staying in the sweltering city more bearable.*

Tray, Pylones, ₱1,498

3

## HAIR CANDY

*Unless you're going for a swim, it's a Cosmo Commandment to never leave the house with wet, straight-from-the-shower hair. This psychedelic dryer will always put you in the mood to take the extra minutes to look put-together.*

Power bank, Pylones, Price available upon request.



Hair dryer, Pylones, Price available upon request.



Luggage tags, True Value, ₱145 each

4

## Be a Tag Hag

You're ready to hop on the plane to your dream destination, but so is everyone else. Airports can be pretty cray during peak season, so label your luggage carefully—your OOTDs might end up on someone else's IG.



## 5 Mood Magic

Pretty twinkly lights don't have to be synonymous with the holidays. Creating good lighting can affect the entire look and feel of your space: Hang up pretty paper lanterns in your bedroom or living room, turn off your overhead light, and leave these on—a surefire mood-setter for warm summer nights.

Hanging lights, Typo, ₱995



Cell phone pocket, Qrius, ₱250

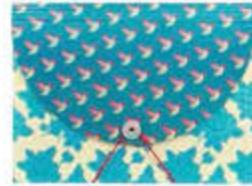
## 6 Leave Your Baggage

*When partying at the beach, the less you have on you, the better. Ditch the bag for a pouch you can stick on your smartphone. There's enough room for your ID and credit card or a peso bill, but it'll still fit into your shorts pocket—the perfect party companion.*



Oster personal blender, Lazada, ₱1,750

### WHAT'S HOT



Saving money to fund travel and adventure. File your receipts to keep track of your expenses (little things add up), and do your accounting monthly so you know where your money goes.

Accordion folder, Daphne for National Book Store, ₱165

## 7 HAVE A PICNIC DAY

**When was the last time you laid out on the grass and stared at clear, blue skies? Fill a picnic basket with merienda, grab a blanket, and head to the garden for some bonding with friends and nature.**



Throw, Crate and Barrel, ₱1,200

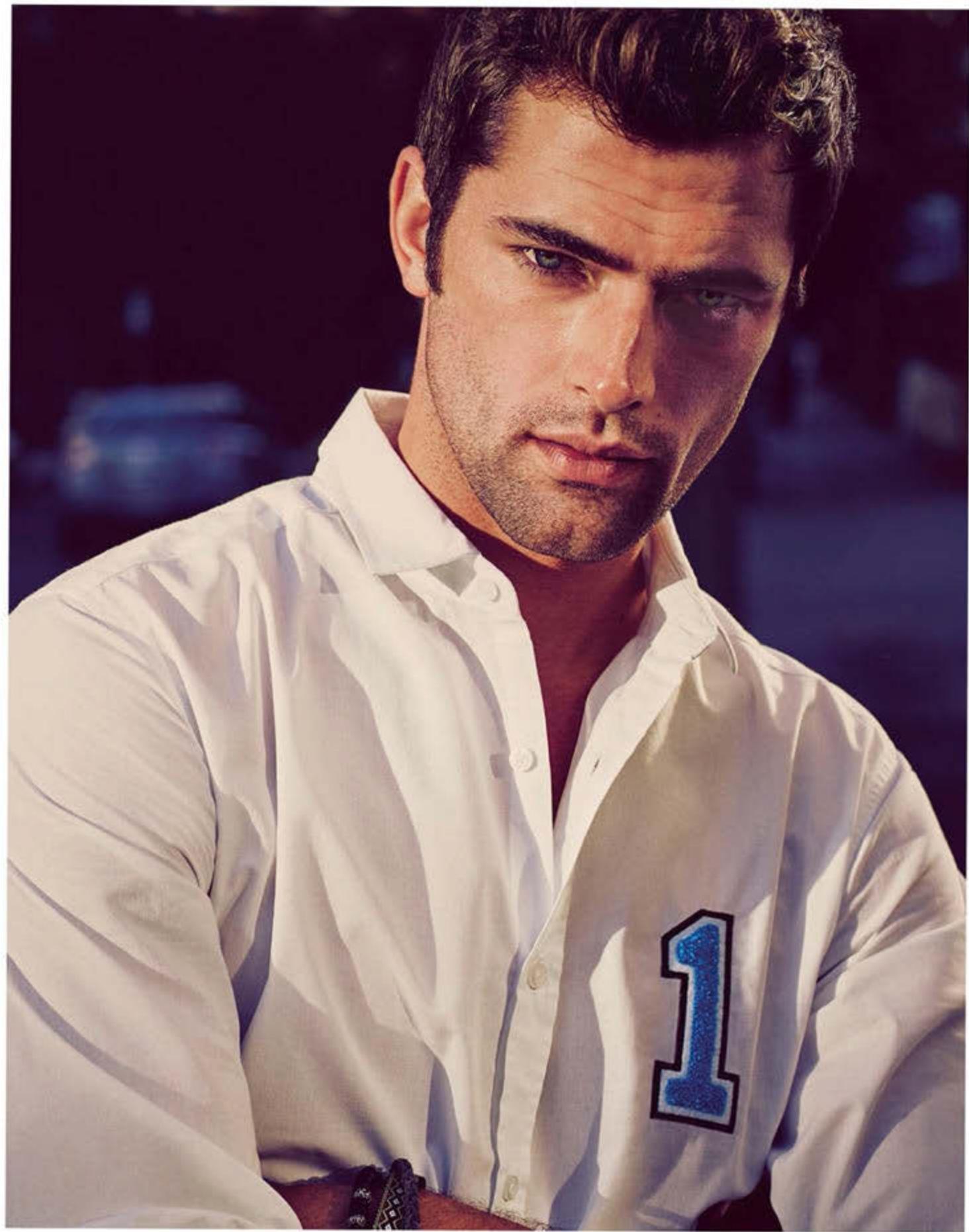
## 8 FRUIT MAGIC

Whether under the sun or indoors, keep hydrated—10 people die of heatstroke every day in Manila. Not a fan of plain water? Get a personal blender that does double duty as a tumbler for smoothies you can drink throughout the day.



Having to borrow a towel. Gross! Some resorts don't provide them so always bring one, just in case. Pack a lightweight type and they can double as a *banig* for your tanning sessions on the sand.

Beach towel, H&M home, ₱899



SEAN O'PRY X **PENSHOPPE**

# SO-QUICK Beauty TRICKS

Hot summer days are here and Heart has the easiest tricks that will keep you fresh and beautiful all season long.



## Pretty Pout

Tweak the palette for your puckers with burgundy colors. Soften the shade by smudging it a bit for an after-kiss effect. You can also pump up your lips with perfect shades of plum. Totally hot!



## Light Base

Nothing says fresh than the no-makeup look. Instead of loading up on foundation, trade your usual layers of makeup for a softer approach – less powder, more light shades of makeup. If you decide to go barefaced for the day, refresh by mid-day with a two-minute facial wash.



### TIP

Using a lip balm with SPF is a summer beauty must-do.

## Beautiful Buns

Keep your look beach-ready and sexy with buns. When it's too hot and when you don't have enough time for a blowout, go for a Japanese-inspired messy chignon. Drizzle your hair with a little bit of hair spray and shine spray, then pull it up into a tight and high ponytail. Pair this look with a fun pair of earrings, and you'll look fab in a snap!

## Best in Beauty with Closeup Diamond Attraction

Brighten up your summer glow just when you need it with Closeup Diamond Attraction. Co-created with cosmetic dentists, the quest for visibly whiter teeth is within reach with Closeup's Blue Light Technology. It creates an optical effect for whiter teeth. It also contains silica, which removes stains and progressively whitens teeth with regular use. Dazzling white smile under the sun? Yes, please!

### TIP

Just like Heart, take this beauty must-have with you wherever you go.



THE BEST IN BEAUTY  
FROM **closeup®**  
NOW IN THE PHILIPPINES!



New Closeup Diamond Attraction. Visibly whiter teeth in just one brush.

Instant whitening is optical and temporary. Results may vary.

Co-created with cosmetic dentists to give you a smile as dazzling as diamonds just when you need it. With its revolutionary Blue Light Technology, it conceals the yellowness of your teeth, giving you beautifully whiter teeth in just one brush. It also helps remove yellow stains as you brush, whitening your teeth over time.

This is not just a toothpaste. This is Closeup Diamond Attraction.

New Closeup Diamond Attraction is available in supermarkets and department stores nationwide for only P95 suggested retail price.

 [www.closeup.ph](http://www.closeup.ph)  
 [facebook.com/CloseupPhilippines](http://facebook.com/CloseupPhilippines)

ASC NO.: U014P011215C

# the cool girl

She doesn't try, but still manages to look like a daydream dressed like a daydream. Before you shed a tear of envy (or fifty), a quick PSA: Coleen Garcia's better-than-Photoshop body is a far second to what she really has going for her. The girl's mind is a goldmine.

The effort you put in swiping on lipstick is the same effort it takes to successfully find something to hate about Coleen Garcia. As soon as you see the cherubic face, the lazy hairs on the back of your neck stand, and your Girl Instinct straight up tingles: *This is the girl Mom warned me about*. The resting nice face is a front, you think—she's probably the type to compliment what you're wearing, only to tell her brat pack that it's the ugliest f-ing skirt she's ever seen. She totally doesn't eat beyond a miserable cube of cheese every day to maintain her body. She looks like she won't think twice about nicking your boyfriend, and she totally gives side-eyes when you wave at her in the mall.

That's what people like to think, anyway. "Everyone has haters," Coleen says. Somehow, her voice maintains its chirpy, syrupy quality

even when she's about to go on a tirade. "Even the Pope has haters. The Pope na 'yun ha! It just goes to show that you can't please everyone, no matter who you are, no matter what you do. So I might as well be happy, 'di ba? It doesn't make sense to dwell on what people have to say, especially if they don't know you." She flashes her dimpled perma-smile, a subtle burn.

## SEXY > SKINNY. FOREVER.

To achieve the late 2000s' Holy Trinity of a killer body (perky boobs, gravity-defying butt, flat—no, concave—abs), celebrities kill themselves at the gym and shun eating anything that's a carb or that moves. They make sure you know it, too: *Ran 10K this morning!* Snap. A super-fresh photo goes up on Instagram. *Loving my kale chips today <3* Share. VSCO-filtered greens show

by larissa jason

photographed by paolo pineda

A full-page photograph of a woman with long, wavy brown hair, smiling and looking towards the camera. She is wearing a two-piece swimsuit with a green and purple abstract print. The top is a halter style, and the bottom features a large gold-toned ring on the side. The background is a bright, sandy beach under a clear blue sky.

**"I built myself  
to be stable no  
matter what."**

# Cosmo Interview

up on a million followers' feeds. Twenty-two-year-old Coleen likes to do this, sometimes. Mostly, though, she doesn't feel the need to constantly share how she gets her sweat on. "Working out has become something so regular and ordinary to me that I don't have to post about it all the time," she says.

Which makes sense, since a body like Coleen's doesn't look like it was built by a recent fitness trend. "I've been going to the gym since I was teenager, and I've always been into sports. I like soccer, and Billy taught me how to play basketball," she says, referring to her slasher boyfriend, singer/dancer/host/actor Billy Joe Crawford. "I played with his friends once, *tapos na-siko ako sa mukha!* 'Yung isa naman nahulog,' 'cause I was guarding him. I play like a dude, so I'm okay when guys play with me like I'm a dude also." You wouldn't bet on it, but petite, sweet-faced Coleen has years of experience elbowing men twice her size: "When I was a kid, I would go through four pairs of shoes every school year. *Palaging nasisira*, because I was always playing with the boys."

Where physical upkeep is involved, Coleen prefers to maintain a minimum-effort, can't-be-bothered attitude across the board. Her no-work

beauty routine is literally two steps: sunscreen and a couple coats of mascara. On the daily noontime variety show she hosts, *It's Showtime*, she puts her own face on and styles herself. When she exercises and cuts down on junk food, unlike thousands of other 20-somethings, the idea isn't to look like a mannequin. "I don't want to look like a Victoria's Secret model, because *kulang sa puwert, kulang sa hips*. There are so many people who want to get a thigh gap, and I'm trying to fill it in!" She stresses the last three words like she's on the last few reps of weightlifting—her secret to being toned all over. "I would rather be curvy and voluptuous than be super skinny."

## THAT LOVE THING? MAKE IT WORK.

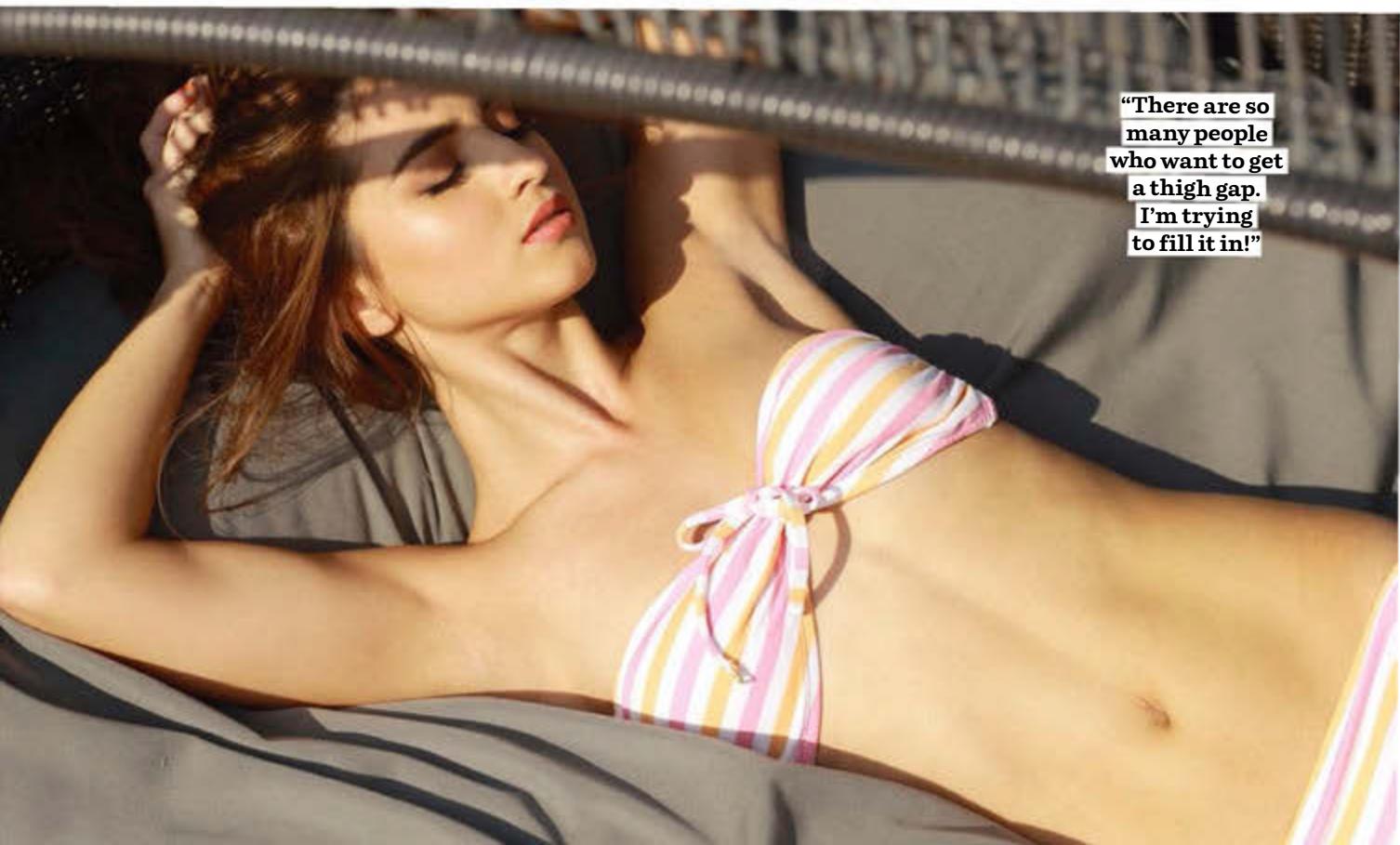
In a Cosmo first, a very much showbiz boyfriend of a cover star is also around for the shoot. When Coleen peels off the blanket she's been using to keep warm in the 18°C makeshift studio, she reveals herself in a multicolored triangle bikini, with muscles in places you never thought they could exist in. Billy takes a second to look at her, immediately drops down to the floor, grunts, and does crunches. If Coleen had a case of the nerves before the shoot, they're all gone now, downed by her fit of laughter.

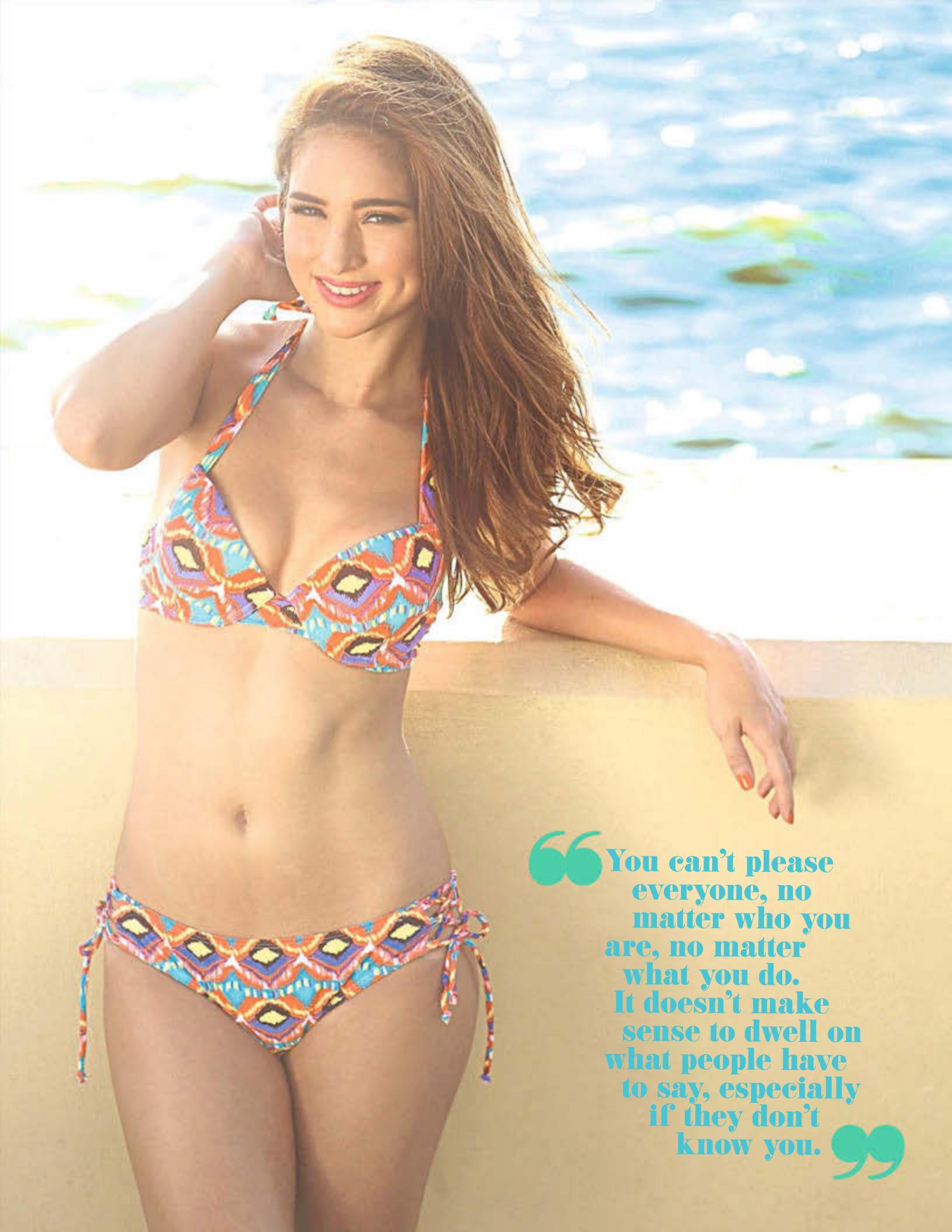
Coleen and Billy don't have picture-perfect couple stats. They are co-workers on top of being romantic partners, and he's a decade older than she is. Their generation gap makes them both miss out on key pop culture references ("He doesn't know 'Your Body is a Wonderland!'"). She tells us he's ready to get married, but says she doesn't want to settle down just yet.

So what, though? "I believe any relationship can work as long as you want it to work. There are many relationships that are so perfect, *pero pag nagkaroon ng malit na problema, nasisira kaagad*, because there's no commitment. As long as you commit to each other, *kahit ano pang pagdaanan niyo*, nothing will shake your relationship easily," Coleen says. No rumor, no blind item, no controversy can get in the way.

For Coleen, Billy is the only person who successfully got her mom to quit smoking; the partner who helps her grow as an actress, a host, a person; the boy who, for no reason at all, shows up to work with flowers; the guy who helps her take care of their 15 pets together. "It doesn't matter if two people are not *bagay* or if people think it's not going to work. It all boils down to the two of you."

"There are so many people who want to get a thigh gap. I'm trying to fill it in!"





“ You can't please everyone, no matter who you are, no matter what you do. It doesn't make sense to dwell on what people have to say, especially if they don't know you. ”



## The Cosmo Quiz

Name:

Danielle Claudine O Garcia

Nickname:

Coleen ☺

My life mantra is:

Good things come to those who wait.  
Better things come to those who pursue ♡

People assume I'm super girly / maarte,  
but I'm really very simple.

I'm secretly good at:

Writing! I love writing.

The one exercise move I absolutely love is:

Squats & Crunches!



The person who inspires me the most is:

My family, my friends and my Billy! Haha! They always motivate me to be better ☺



I am always the BULLY in a relationship.



The sexiest asset a woman can have is:

Her confidence, really. Everything about you becomes ten times sexier and more beautiful when you know you have a lot to be proud of ☺

The best relationship advice I've ever gotten is:

Trust, forgive, be patient, and never give up.♡

My message to my Cosmo readers:

I LOVE YOU ALL SO MUCH !!!  
Thank you for all the love and support ☺  
I wish I could give you all a HUGE HUG! ♡



Family time ☺





# SUMMER-READY IN PALAWAN

Dreaming of a trip to the beautiful island of El Nido? Here's a sneak peek of the adventures that await in this paradise.



## EXPLORE THE SEA

Be a fun, fearless beach babe by going deeper into the ocean. The diving sesh gives you a splash of interesting creatures under the sea—and the adrenaline rush when you're down there is just priceless.

## GO ISLAND-HOPPING

Discover pieces of heaven from one island to another. From the fine stretches of sand to the glorious rock formations, every stop is Instagram-worthy and definitely a scroll-stopper.

## SAVOR THE MOMENT

Top off your trip with a one-of-a-kind seafood feast. Trust us, every bite bursts with freshness and authentic flavors from the ocean.

### TIP:

You just need to choose the right place that suits your taste—intimate, by the beach, or artsy, everything is here.



## SUMMER TIP:

Enjoy every minute of your beach escape by having beautiful, whiter underarms.

Use Dove Deodorant as it has  $\frac{1}{4}$  moisturizing cream that helps your underarm skin recover fast from irritation caused by shaving or plucking—making it smoother and whiter.



Raring to go to El Nido? Get a chance to win a trip to Palawan!

- (1) Buy the Dove Deo Summer Ready Box, which has a FREE summer bag packed with a Dove Roll-On or Aerosol in your favorite variants: Original or Ultimate White.
- (2) Find the promo code inside the Dove Summer Ready Box and get a chance to win a trip for 3 to El Nido, Palawan, and/or white summer tops weekly.
- (3) To send an entry, text DOVEDEO <code> to 2600 (Example: DOVEDEO ABC143). Full mechanics can be found on the Dove Philippines FB page: [facebook.com/doveph](http://facebook.com/doveph) or [www.dovessummerready.com](http://www.dovessummerready.com)

66

**I believe any relationship can work as long as you want it to work.**

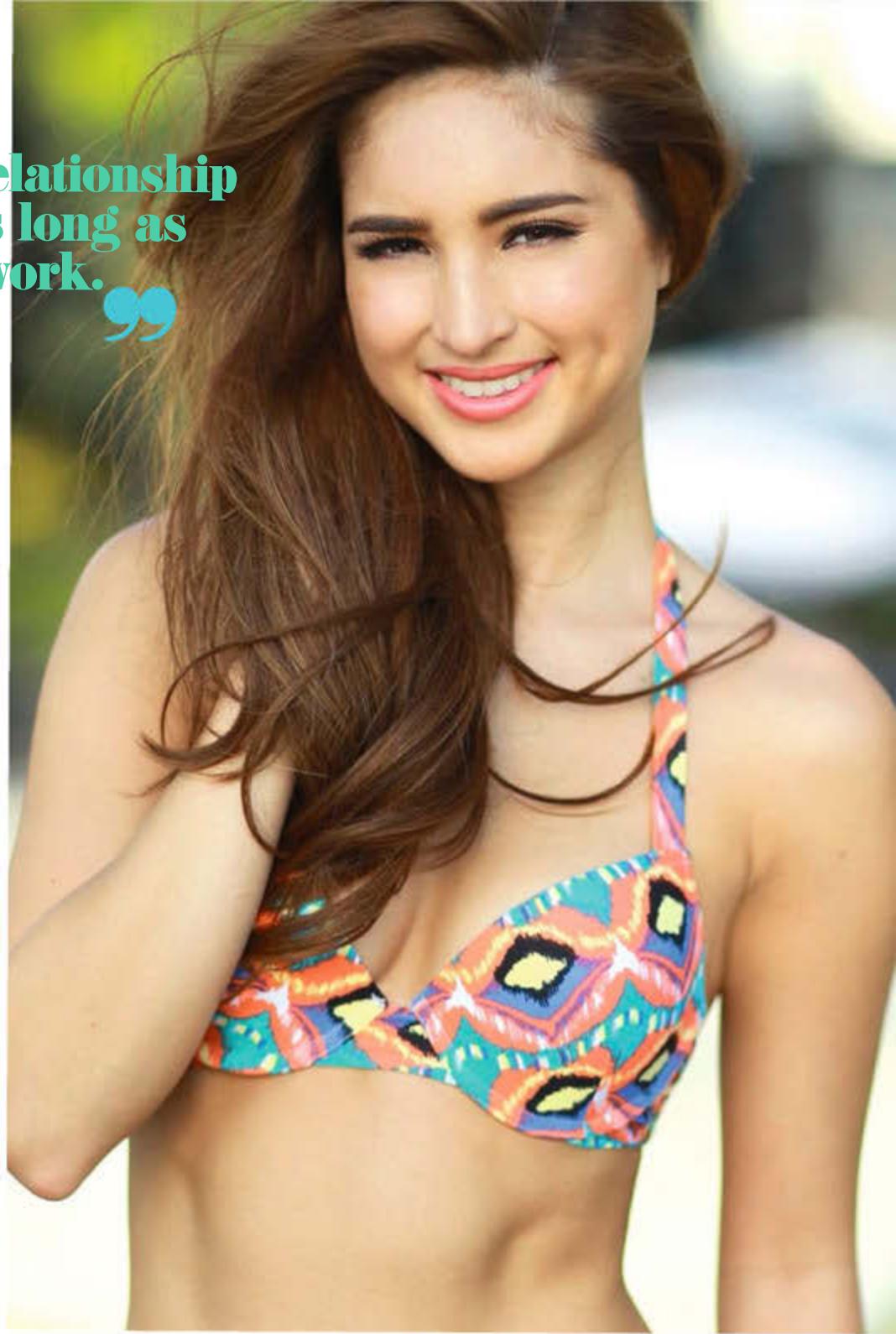
99

This full-force, no-holds-barred dedication when it comes to all her relationships, Coleen reveals she harnessed from growing up with a younger brother, Paolo, now 14, who was born with autism. "The love and the effort we gave him had to be unconditional, because there were no ways for him to return it. But we still had to keep giving and we still had to keep loving him," she says, earnestness all over her tone. "I can't help but think that if we gave up or if we didn't give him what he needed or if we weren't patient with him, he wouldn't be where he is today. Now, he goes to a regular school and he's among regular students. When you talk to him, you wouldn't even know he's autistic."

#### SERIOUSLY, IT'S NOT A BIG DEAL

Coleen's schedule is packed. On top of *It's Showtime*, she often has to head outside of Manila to film for her upcoming *'serye*, *Pasion de Amor*. Taping for *Ex with Benefits*, her movie with Sam Milby, resumes this month. She's a busy bee who flies solo, though, living alone and providing for herself since she was 19, and refusing to hire a personal assistant even when everyone tells her to. "When I moved to my first house, I had no maid or driver. I would mop and sweep every day and wash my clothes or bring them to the laundry. I had to budget my own money and pay for all my bills. I think that's why I got used to taking care of myself and not having to depend on other people," she says. "I built myself to be stable no matter what."

Maybe it's the independence she has cultivated the past three years that lends Coleen the air of being older and more life-smart than you would expect a 22-year-old to be, or it might be because, as an actress, she has never boxed herself to playing teenybopper, love team-dependent characters. "I want to be able to play different roles, but I want I give to be worth it. If I'm going to do something daring, I want it to be relevant to the story, *hindi 'yung masabi lang na* it's daring. The impact of the role should be greater than the



impact of what I had to do as an actress."

Even with a body that can send Miranda Kerr crying back to the gym, relationships rooted in reality, and a steadily peaking career, Coleen still swears she isn't the shit. "Just by looking around me, I know that there will always be somebody more beautiful, more talented, taller, and better than me in every way. At the same time, there are so many people who you think are so perfect, but when

you see them behind closed doors, they're really insecure and unhappy, because what they have is not enough, and it's never going to be enough. I don't want to turn into that," she shrugs. Like a bona fide Cool Girl, Coleen Garcia doesn't act like one. ■

**#Fitpiration. Steal Coleen's Bikini-Body Secrets on [WWW.COSMO.PH](http://WWW.COSMO.PH)!**



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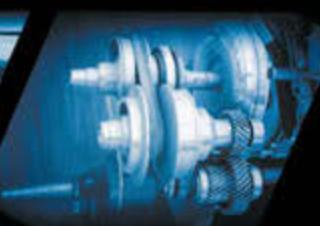
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# Summer Beauty Miracles



The season of bikinis and sun-kissed looks is finally here. Don't let the heat steal your head-to-toe fun, fresh look by making the best summer beauty choices now.

## *Nail Polish in the Fridge*

Bubbles are every girl's nightmare when applying nail polish on their digits. Bubbles often occur during the summer, because the combination of heat and nail polish ingredients results in a gooey consistency. Step up your nail care routine by storing your fave nail polish bottles inside the fridge to keep it smooth and bubble-free.

## *Frozen Aloe Vera Gel in Ice Cube Trays*

Missed a spot while slathering on some sunscreen? Remember that you may deal with sunburn after. Take charge of your too-toasted skin by treating the affected area with chilled aloe vera.

## Easy Lip Tricks

Don't let chapped lips ruin your summer-pretty look. Apply a bit of balm on your lips before washing your face. Your facial wash may contain salicylic acid and benzoyl peroxide, which could be causing dry and irritated lips. Love a swipe of color on your smackers but hate the dryness? Pick lippies that contain Vitamin A, macadamia oil, or shea butter for a healthier, smoother, and prettier finish.

## Tasty Green Eats

The harsh rays of the sun may rob you of your youthful glow with wrinkles and fine lines. Aim for skin perfection with Vitamin A. Get a healthy dose of this power vitamin from leafy greens like lettuce, kale, and collards to rejuvenate the skin. It's also one of the healthiest ways to ditch your acne problem. Go for green eats and go for the glow!

## Beautiful Hair Miracle

Extreme heat and exposure to saltwater can totally damage your hair, CG. But you can't stop yourself from going to the beach, so better pack a bottle of Pantene 3 Minute Miracle Conditioner with you. With its Pro-V formula, it prevents your hair from having split ends and repairs the strands by reducing protein loss to stop damage progression. Never (ever!) settle for dry and dull tresses and use this daily for stronger and shinier hair in just three minutes. It's more than a conditioner, it's your ultimate summer beauty miracle!



## Waterproof Eye Makeup

Let your peepers stand out by keeping them crease-free all day long. Choose the best eye primer for you. It prevents eye-shadow creases that make you look instantly tired and untidy. If you sweat easily, waterproof eyeliners and mascaras should also be mainstays in your makeup kit.

## COSMOPOLITAN Beauty Crush

*Cosmo  
Beauty Crush  
is here to reveal  
your biggest  
beauty must-  
have!*

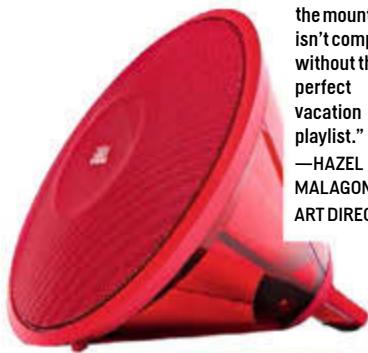




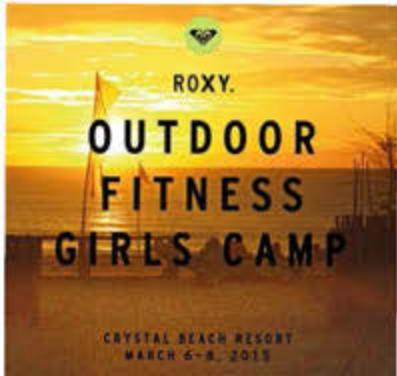
Pillows,  
Crate &  
Barrel,  
P1,309  
each.

**BEACHY KEEN** "Piles of soft pillows in happy colors perk up my living room and make me feel like I live by the beach."

—MERIAM  
AHARI, BEAUTY  
EDITOR



JBL  
Speakers,  
P5,995,  
Heima.



**CAMP ROCKS** "Bask in the heat and bring out your inner island girl—join a camp such as this one and learn a new outdoor sport by the beach."

—TRISHA BAUTISTA, EDITORIAL ASSISTANT

## THIRSTY THINGS FIRST

"There's nothing like fresh orange, mango, and watermelon juice to quench your thirst on hot summer days."

—LARISSA  
JOSON,  
ASSISTANT  
FEATURES  
EDITOR



## SUNNIES SIDE UP

"Shades in bright colors perk up any outfit."

—HAPPY  
LOPEZ,  
FASHION  
EDITOR



## POST AND PIN

"Have your summer escapade posts on IG printed out as magnets and polaroids and pin 'em up at your desk so you have something to look back on for the rest of the year."

—RETTY CONTRERAS,  
EDITORIAL ASSISTANT,  
COSMO.PH



Magnets,  
Polagram.ph, P350  
for nine pieces.

## GIRL IN BLOOM

"This month, sunflowers, bright petals, and flower crowns inspire my artworks and OOTD's."

—DIANA  
MADELO,  
ASSOCIATE  
ART DIRECTOR

WWW.COSMO.PH



Sandals, Charles  
and Keith, P2,199.

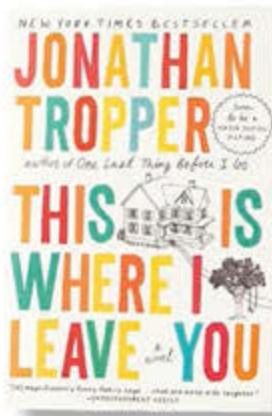


**SANDAL VIDA** "Pretty sandals frame nicely pedicured toes and are great with sundresses and denims."

—DONNA CUNA-PITA, FASHION EDITOR-AT-LARGE

# COSMO VIBES...

Our sweet and sassy picks for a sizzling summer.



## READ AND RELAX

"Summer means lounging by the pool or beach with a good book about love, loss, and family."

—MICH LAGDAMEO, ASSISTANT  
MANAGING EDITOR  
*This Is Where I Leave You*,  
National Bookstore, P600.

Ralph Lauren  
Big Pony 3,  
P3,300,  
Rustan's.



## BLISS IN A BOTTLE

"Cool scents like this one keep me smelling good despite the heat."

—AGOOG BENGZON,  
CONTRIBUTING  
BEAUTY EDITOR

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Lacoste, price  
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COSMO CONVO

## ANGLE LANG 'YAN? JUST TAKE THE COMPLIMENT!

Self-deprecation is so last season. Embrace the praise, says beauty blogger Mariana Bantug.

**We're all familiar with the situation:** a friend's new profile picture pops up in your feed. You think she looks pretty good, so you type a quick "Girl, *ang ganda mo!*"

The reply? "Oh my gosh, no *kaya!* My hair is all over the place and I look so *bruha!*" Her rejection of your compliment leaves a bad taste in your mouth. Couldn't she have said thank you? Or considered *not* uploading the photo if she really thought she looked like a witch?

You know the hackneyed frustration: Women just can't take a compliment. Praise in general tends to make women feel shy and abashed, often bringing out a

host of insecurities. We either feel that we don't deserve the kind words or we might be okay with them, sincerely flattered even, but still opt to throw back a look-who's-talking type of retort to keep from coming off as conceited.

That we live in the era of the Internet, social media, and the #selfie compounds this behavior, because we are always in each other's faces even when we're physically apart. It becomes more difficult to take a compliment when you know your network can see and judge how you react to it.

As the writer behind thebeautybeeblog.com, I expose

my face—be it made-up or bare—to the Internet on the regular. #FOTDs are incidental to what I do on The Beauty Bee: feature, review, and talk about makeup and skincare. Within the Philippine beauty blogging community, writers and readers alike, compliments aren't a rare commodity. We receive them with thanks and give them out when they are warranted. There exists, believe it or not, women who aren't aghast when given a compliment.

It isn't just beauty bloggers who are capable of taking a compliment, but what is it about beauty enthusiasts—

**"The ability to accept a compliment says many things about a woman—none of which that she is conceited."**

the women you probably most expect to be superficial and vain—that allows them to freely give and take it?

Allow me to venture a simple answer: Confidence. Confidence that isn't rooted in vanity or pride, but in having faced our flaws in the mirror so often that we have become comfortable in our own skin. Comfortable enough to say, *This is me. And if you find any part of that warrants a compliment, then thank you.*

The ability to gracefully accept a compliment says many things about a woman—none of which that she is conceited, but rather that she is empowered, liberated, and self-accepting.

She relishes her imperfections and quirks because to do otherwise would be to reject who she is. She is confident not because she is perfect—but because she is real and unapologetic about her flaws.

Surround yourself with women like her. And if you can't find any nearby, then be her. I found a happy, supportive, and honest group of women through beauty blogging, but happy, supportive, and honest women aren't difficult to find when you become one yourself.

There is no one way to build confidence, but having friends with whom you feel secure and who are honest with you is a step in the right direction. And when it comes down to it, you create that environment for yourself. You decide what kind of woman you want to be and who you want to hang out with. When you've got that down, accepting a compliment is as easy as saying *Thanks!* with a smile.



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**YES**

**Pam Medina, 25,**  
digital marketing executive

Before, I always made it a point to give my boyfriend gifts during our monthsaries. I'm neither stingy nor extravagant when it comes to spending for the one I love, but somewhere down the line, I couldn't help but wonder if our relationship upkeep jibed well with our finances.

It took us almost a year before we got to discuss how much we were both earning, and I'm glad we did because it helped us set our goals and expectations when it comes to spending and saving money as a couple. Letting your partner know how much you make is essential, because this collectively determines the kind of lifestyle that you will both be leading.

To me, it shouldn't even be an issue of who has the bigger paycheck. If you're the one raking in more money, expect to pitch in more than usual when you guys are out. In my case, since I am earning slightly more than my partner, we usually split the bill and take turns when it comes to spending on activities and big-ticket items. Disclosing how much I make is no big deal, plus, this kind of financial insight will come in handy when we're looking to settle down.

DEBATE



**NO**

**Patricia Javier, 23**  
editorial assistant

There are some things my guy doesn't have to know, like the number of lipsticks I own and how many bags I keep in my closet. That includes how much I earn, too. I don't think of it as something I'm embarrassed to bring up, and I don't consider it a lie of omission either.

My boyfriend and I have only been together for a few years, and we neither share expenses nor live together. Having said that, the numbers that come in on the 15th and 30th aren't necessary information for him, and he knows better than to get offended just because I prefer not share that about myself.

If money's a little tight a couple of days before a payday and he wants to go on a date, I tell him I don't have much on me, and he does the same. It never gets complicated: one of us usually offers to treat the other or we end up going somewhere cheap.

Love and money don't have to go together, especially when you're starting out. Unless we have solid plans of living together or I have a ring on my finger, my man doesn't need to know how much I have in the bank.

# Should Your Man Know How Much You Make?

**Talking money with your honey:  
unnecessary fuss or relationship must?**



## COSMO GIRLS WEIGH IN

THROUGH AN EXCLUSIVE COSMO.PH SURVEY,  
WE FOUND OUT THAT...

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SHARE SALARY  
SPECIFICS WITH  
YOUR GUY

**52%**

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BECAUSE IT ISN'T  
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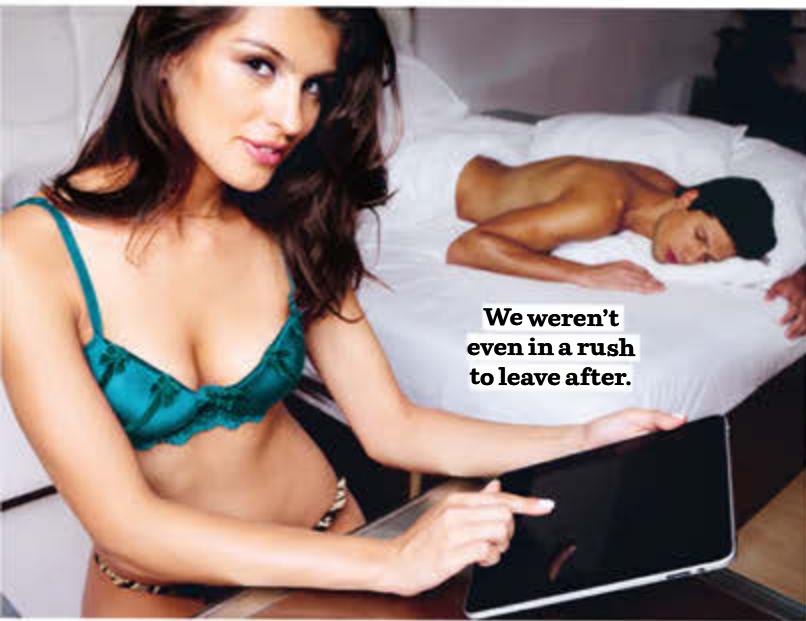


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## NAUGHTIEST THING “MY BF AND I HAD A QUICKIE IN A HOTEL ROOM... THAT WASN’T OURS!”

The idea of us getting caught while doing the deed is a real turn-on for my boyfriend Carlo (not his real name). But in the five years we've been together, our venues for fooling around have been pretty vanilla: his room, suites we save up for and book, one of his cars when we're feeling extra horny. It gets some people hot and bothered, but an urgent five-minuter in a bar bathroom stall doesn't do it for me. I'll blame my (fairly reasonable) set of non-negotiables when it comes to having sex—like a bed (or an equivalent), and breathable, piss-free air.

But last summer, the Universe (probably out of pity for Carlo), granted us a

steamy compromise. We were dropping by the five-star Makati hotel where my *balikbayan tita* was billeted, but it was the weekend, and everyone had apparently made similar plans. When the door to her swanky suite opened, I found a bunch of my cousins, *titos*, and *titas* taking up space everywhere inside. After fending off eight “*Kailan ang kasal?*” questions and stepping on the same blue Lego brick twice, Carlo and I decided to take a breather, have brunch, and swing by again to hang with my *tita* when her room was less packed.

On our way out, a dozen doors down from where my aunt was staying, Carlo and I passed by what looked like

an empty, recently-cleaned suite (an unmanned housekeeping cart a few meters away was a giveaway). Carlo stopped right outside the suite's door, which was left ajar, looked at me, looked back at the room, and then looked at me again. He had a devilish smile, which I countered by rolling my eyes and dragging him down the hall. “*Ano ka ba*, someone's going to check in there,” I said, crushing his dreams of thrilling, *might*-get-caught sex.

But when we came across the room again after brunch, it looked exactly how it did a couple of hours back: still open, still empty, still to-my-liking pristine. It didn't look like anyone was coming back for it—the housekeeping cart we spotted earlier was gone.

I was only about to start weighing our options—should we do it there, should we limit our doing of things there to a makeout, should we abandon this idea altogether—when Carlo pulled me in the room. He quickly looked around for signs of someone who had just

“*IT WAS HIS FANTASY PLAYING OUT IN REAL LIFE— ANYONE COULD WALK IN ON US.*”

checked in (luggage, clothes, shoes—there were none), and while he worked the suite like the Flash, I mentally checked if the place met my sexy-time standards. The bed was California king-sized. Check. The pillows looked like clouds. Check. And everywhere smelled like freaking lavender. CHECK.

Carlo locked the door, and started to undress me and kiss me all over. In spite of me telling him that we needed to limit the action to the loveseat so no one could tell we were ever there, he carried me to the bed. It was Carlo's fantasy finally playing out in real life—anyone with keys to that door could walk in on us having sex! He was having such an amazing time that I ended up having fun, too—and it didn't take more than 10 minutes for both of us to come.

You'd think that after doing it in a stranger's hotel room that we would be rushing to put our pants on right after. But hell, Carlo and I figured we should make the most out of our time there. “Let's dirty up to the max, so the hotel will have no choice but to clean it up again,” I told him. So while I took my sweet time in the shower, Carlo stayed in bed, naked, watching cartoons. It took us another 20 minutes to (finally) leave. As we were walking back to my *tita's* room, Carlo winked at me. “I guess we won't need to save up for a hotel room in a while,” he said.

# The No. 1 Beauty Commandment You Should Live By

## Dilemma: Your skin looks dull and lifeless.

Dreaming of a lit-from-within glow?

### Bifesta Cleansing Lotion

**Bright Up** will help you achieve it. The secret lies in this beauty potion's two-hit combo: lactic acid sloughs off dead skin cells, while the saxifrage extract delivers a moisturizing effect. Make it a pre-bedtime habit and wake up to bright, even-toned skin every day.



## Dilemma:

### You have combination skin—oily in the T-zone, dry in other areas.

Your skin type is tricky—harsh products can damage the dry, sensitive parts of your face. Pick a cleanser that has green tea extract, a powerful antioxidant that nixes free radicals, while being gentle on your skin. **Bifesta Cleansing Lotion Sebum** is your one-stop shop for combination skin. It moisturizes dry areas and tightens pores, giving you overall nourished skin.



Pick the **Bifesta** variant that matches your needs, so you can begin uploading those #WokeUpLikeThis selfies.

## Dilemma: You're always lazy to remove your makeup.

Removing makeup is such a drag, but sleeping with your makeup on is an awful sin to your skin. There's no excuse to break this habit with **Bifesta Eye and Lip Makeup Remover**. It washes away even the most stubborn waterproof makeup for the eyes and lips. Packed with deep sea water and vitamins B and E, makeup comes off easily and healthily with this beauty must-have.



So you want to wake up with a fresh, selfie-ready face every day. Problem is, you crash onto your bed as soon as you get home (#Exhausted) and regularly break this beauty rule: Thou shall remove all traces of makeup before hitting the sack. The perfect solution: **Bifesta**. This water-based cleansing lotion from Japan is every busy Cosmo girl's dream—it cleanses, tones, and moisturizes your skin in one go.

## Dilemma: Your skin is ridiculously dry.

Super dry skin is a huge beauty no-no, just ask celebs who swear by the power of moisturizer. If you can't stand the icky, sticky feel of creams, try **Bifesta Cleansing Lotion Moist**. Its ceramide-like core ingredient helps your skin attract and retain moisture. Sayonara, dry and flaky. Hello, supple and sexy skin!

## Dilemma:

### You're starting to see fine lines. Yikes!

You can't avoid wrinkling as you age, but you can delay it. Aside from living a healthy lifestyle—eating right, working out, getting at least 8 hours of sleep—place a bottle of **Bifesta Cleansing Lotion Age Care** by your bedside to help repair your skin every night. The coenzyme Q10 deeply nourishes skin and reduces free radical damage. You'll look younger and fresher for longer.



Your daily beauty solution  
**Bifesta**  
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# CONFESIONS



## AFTER-SCHOOL SPECIAL

I usually hang out with my guy after class. One time, we got to talking dirty, which led to a make-out sesh in a stairwell. We were oblivious to everything else, and by the time we paused for breath, it was dark. We rushed to an empty classroom, where he laid me down on top of the teacher's table. I don't know what possessed us to do it, but he thrust inside me so hard that we both climaxed right away. Now, I can't pass by that room without a smile on my face.—KATRINA, 22

2

## Tough Cookies

"I brought a batch of brownies to work and made a big deal about them, even sending an email out to the staff. I didn't try the brownies myself—rookie move—and heard all day about the 'rock hard' brownies in the kitchen. Thanks a lot, Pinterest recipe!"

—ANA, 30

Cosmo readers share their steamiest secrets and embarrassing experiences.

3

## EXES WITH BENEFITS

"I broke up with my guy last year, but we continued to hook up as FBs. He asked if I was fine with our current setup, and I said yes, since it felt like things were still moving in the same direction, minus the exclusivity. When my period was delayed months into our pseudo-relationship, I told him that I MIGHT be pregnant. Though he never replied, I didn't think that it meant he didn't want to take responsibility; rather, I thought he was taking time to consider our options. Luckily, my period came and I texted him the good news...but I never heard from him after that. What an ass!"

—SAM, 24

4

## Tastes Like Jell-O

"MY GUY AND I WERE HAVING SEX IN MY ROOM ONE TIME. WHEN HE CLIMAXED, MY KID BROTHER SUDDENLY KNOCKED ON THE DOOR. MY BOYFRIEND QUICKLY PULLED AWAY, MAKING A MESS ON THE BED. AFTER HURRIEDLY GETTING DRESSED, I LET MY BROTHER IN. HE PLOPPED DOWN ON THE BED...RIGHT BESIDE THE WET SPOT! HE ASKED ME WHAT IT WAS, AND TRYING TO HIDE MY EMBARRASSMENT, I TOLD HIM IT WAS JUST SPILT JELL-O. BUT THEN HE ASKED 'EH BAKIT ANG PANGIT NG LASA?' I WANTED TO DIE!"

—KRIS, 22

6

## DEW BABY

"Back when I was still in school, I was a part of the volleyball team. One day, on my way to a meet, I fell asleep on the bus with my head resting on my bag. When we arrived at the venue, I woke up in a pool of saliva! My bag was drenched in it and I didn't have any tissues to wipe it clean with. To cover my mess up, I pretended to be asleep even while my teammates tried their best to wake me up. I thought I got away with it, but their snickers told me otherwise. Bummer!"

—W, 21

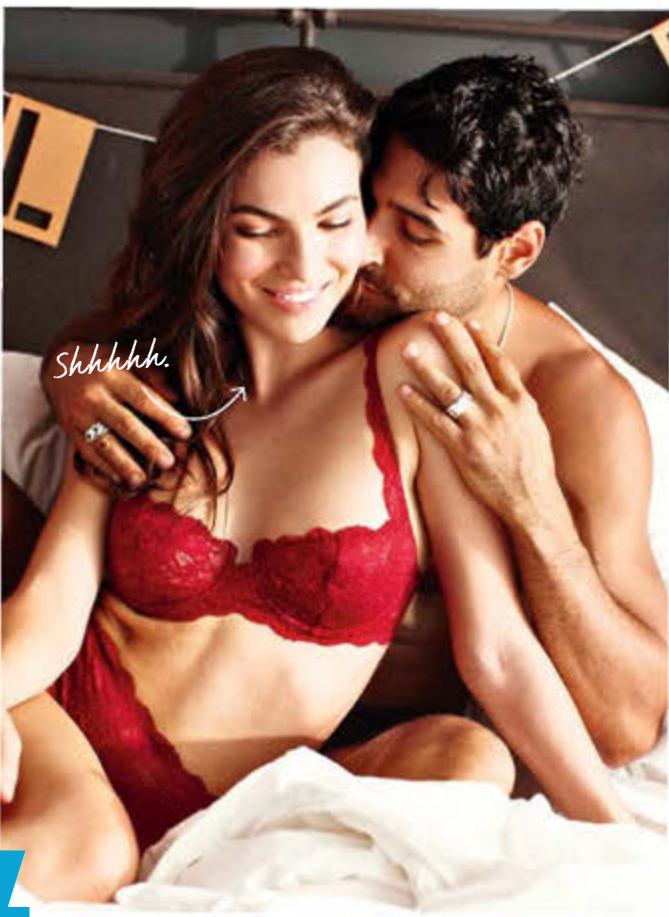
5  
"My boyfriend thinks my 'Harry' tattoo is for a dead pet. It's for an ex he doesn't know about."

—GIRL, 20

(@RL) CHRIS CLINTON (COUPLE) NICK ONKEN (GUY) CONS COMPILED BY ASH MAHINAY. THE MODELS PHOTOGRAPHED IN COSMOPOLITAN ARE USED FOR ILLUSTRATIVE PURPOSES ONLY. COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE.

## THE SHOW MUST GO ON

"My boyfriend and I are not adventurous when it comes to doing the deed, which is why we often find ourselves a bit bored during sex. So I read up on new positions we could try and planned a sizzling-hot weekend together. We agreed to stage a full-on production at his house, since his family would be out for the weekend. He prepped his room with rose petals and I dressed up as a stripper. While we were going at it in a new position, his sister silently crept in and shrieked when he realized what we were doing! Apparently, they had just come back to check if the house was locked and wasn't expecting us to be there. Next time, I'll make sure to plan the logistics well!" —TRINA, 25



## CROWDED HOUSE

I have a roomie in my studio-type apartment. Usually we make arrangements for "special" guests, but I forgot to warn him that I was coming home with a lady one night. I didn't want to be cock-blocked, so I convinced him to hide in the bathroom right before I arrived. I tried to keep my volume low during the sex that followed, because I felt hella awkward.

—SEAN, 24

## Busy Bees

"MY BOYFRIEND AND I DECIDED TO TAKE THE BUS FOR AN OUT-OF-TOWN TRIP. WE WEREN'T ABLE TO BOOK SEATS AHEAD OF TIME, SO WE HAD TO SIT IN THE LAST ROW, WHICH WE SHARED WITH FOUR OTHER PASSENGERS. AFTER A WHILE, EVERYONE FELL ASLEEP EXCEPT FOR THE TWO OF US. A NAUGHTY IDEA POPPED INTO MY HEAD, SO I TOOK OUT MY SARONG AND DISAPPEARED UNDERNEATH IT. THE EXCITEMENT OF GETTING CAUGHT DROVE HIM WILD! I PROCEEDED TO GIVE HIM A GOOD BLOW WHILE HE STRUGGLED TO KEEP A STRAIGHT FACE. MUCH TO MY CHAGRIN, HE WAS TOO ABSORBED TO NOTICE THE GUY BESIDE US WAS ALREADY WIDE-AWAKE BY THE TIME I FINISHED." —SEXY CHICK, 29

## GUY CONFESSIONS

His shameless scams and juiciest secrets revealed.

### BOTTOMS UP

My crazy philo professor had a dress code, which required pants. A hassle, but I stuck to it for the entire semester no problem except for one day—oral final exams. Since it was on a different day, it totally slipped my mind and I came to school in shorts. He wouldn't let me take the test and in my desperation I managed to swap bottoms with a total stranger in the five minute 'grace period' he gave me."

—OLI, 26

### Gift Swap

"I always buy my mom flowers on her birthday, and last year, I was casually seeing someone, so I decided to buy her a dozen pink roses, too. I wrote them each separate cards, stuck them in the bouquets, and hand-delivered them back-to-back. I was going to score major points with both ladies, except I accidentally swapped the bouquets. My mom opened a sexy card that made her uncomfortable, and my girl freaked out when she read, 'I love you so much.'"

—EJ, 21

### DIRTY SECRET

"Once I talked to a girl right after I sharted in my pants."

—BOB, 28



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accents  
make your  
earthy-toned  
dress stand  
out!



Skirt, River Island, P2,795

Update your wardrobe with a  
pencil skirt in wine instead of  
your usual basic black.

## COSMO GIRL WATCH MARSALA MADNESS

Not sure how to pull off the Pantone Color of the Year? These celebs show you how to incorporate this earthy (and flattering!) tone into your look.



Rihanna

MAC Ultimate  
Lipstick in  
Dangerously  
Chic, P1,560

To get this ombré marsala lip:  
Apply lipstick. Blot inside of lips and add  
more pigment on outer part of lips.  
Dust with translucent loose powder to  
make the color last.

Chanel Liquid  
Liner in 10  
Noir, P1,850

Dress,  
Topshop,  
P2,595

Heels,  
Zara,  
P3,995



Sarah  
Lahbati

Trousers,  
Mango,  
P3,250



Blazer,  
Mango,  
P2,950



Jennifer  
Aniston

A no-brainer  
look that  
works on  
everyone: a  
monochrome  
power suit.  
Inner top  
optional!

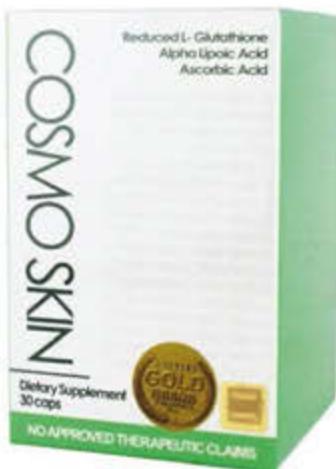
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# Women's Wellness



## Glow On, Girl!

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### Sexy Skin

Whether it's for detox or maintaining that healthy glow, Belo Glutathione with Collagen Pill is your best go-to.



### Potion of Youth

Try IVI Premium Collagen Drink or IVI Collagen Ready-to-Drink. It nourishes your body with collagen, which is a building block for younger-looking, smooth, and radiant skin.



### Daily Beauty Pill

MYRA E is a great way to start a good skin regimen. It contains Vitamin E, which is an antioxidant that helps reduce formation of free radicals caused by exposure to UV rays.

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• April 16 to 22 SM Mall of Asia


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## COSMO GUY **DEREK RAMSAY**

After the crazy year that was (and his MMFF Best Actor win), Cosmo's fave hunk is older, wiser, and hotter than ever. 2015 is totally his year—we're claiming it with him!

**Q** 2014 was quite a roller-coaster ride for you. What kept you going?

**A** I guess it's the way I was brought up and the way I live my life. My dad always told me that life's never going to be perfect. If there are no failures, you won't know what the feeling of success is. My family and friends helped me get back on my feet. It took me a while to gather myself. Once you get past that, it's a wonderful feeling knowing you were able to surpass the problem and move forward. And that's the most important thing—moving forward and learning from past mistakes.

**Q** If you could give your younger self advice, what would it be?

**A** You know what, *iisipin ko naman na napakaselish ko if may babaguhin pa ako sa life ko*. I don't want to have any regrets and I think I'm doing pretty well right now. I've made some wrong decisions in my life. Learning from those mistakes have led me to

**"I REALLY WANT TO FIND THE RIGHT WOMAN, AND HOPEFULLY THAT'S WHAT I'LL BE BLESSED WITH THIS YEAR."**

make the right decisions, which led me to where I am now. I'll go back and tell myself, 'You're going to have a good life, buddy!'

**Q** Congratulations on your Best Actor award! What's next for you?

**A** I'm just going to continue what I do—it seems to work! What I want to do is to be more versatile—take on challenging roles. I'm really looking forward to doing more movies like *The Janitor* and *English Only, Please* rather than *pinag-aagawan ako ng dalawang babae*. I heard talks about an *English Only* sequel, so let's see!

**Q** So, we hear you're dating.

**A** I'm very, very careful now after everything that's happened. But yes, I'm dating around. I really want to find the right person, and hopefully that's what I'll be blessed with this year. Maybe start a family. I want to see my little kids running around.

**Q** Any summer plans?

**A** Definitely Palawan! I've been all over the world, and Palawan is the most beautiful place. I built a house for my family on the beach. So, hopefully I get to spend time with them there, relax, and not worry about anything.



(PHOTO: MARK CHESTER ANG; SТИЛІНГ: BLANCA CORDERO; (СТИЛІНГ, АССІСТАНТ: PATRICIA JAVIER; (АРТ ДІРЕКТОР: HAZEL JOY MALAGONIO; (ЛІДЕР ГРУППЫ: TOMMY HILFЕR; (ШОРИС: J. LINDEBERG; (WАТЧ) SWATCH. SHOT ON LOCATION AT PRIVATO HOTEL, SHAW BOULEVARD, PASIG CITY. +63 2 717-5888.



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## HUNK OF THE MONTH

“My dream date? Spending an entire day at a nice beach with her and no one else. Who knows what could happen?”



**Name:**  
Nilo Lima

**Height:** 6'2"

**Age:** 27

**Ethnicity:**  
Brazilian

**Hunk on Instagram:**  
@Nilo.Lima

# Severity of OBESITY

In our modern world where food have been processed from their natural state because it will be easier for us to consume, the increase of sedentary lifestyle, the endless innovations, it's not surprising anymore that obesity these days is rapidly increasing. Being obese automatically means greater risk in having diabetes and heart disease but it's not just that, it also affects a person's entire quality of life – his mood, energy levels, breathing and sleeping. So if you think obesity is just about one's look, think again. A problem that poses great threat on a person's well-being should be taken seriously. Reduce the risk of having health problems caused by obesity with the aide of Reducin (Anti-obesity).

Reducin (Anti-obesity) has 120 mg of Orlistat, an anti-obesity agent. Effectively works in long-term weight control by targeting the absorption of dietary fat in your body rather than suppressing your appetite. It also blocks some of the fat in your food from being digested and absorbed by your body. The unabsorbed fats will then be removed from your body in your bowel movements. There are also studies that taking Orlistat such as Reducin (Anti-obesity) along with proper diet and exercise regularly show more favorable results in losing the extra pounds.

For added information, the Orlistat found in Reducin (Anti-obesity) is the first diet pill to be approved for teenagers.

Because of its efficacy, it is also the first diet pill to have 100 million users worldwide. No wonder it is approved by the US Food and Drug Administration and European Medicines Agency.

Reducin (Anti-obesity) is recommended to be taken one capsule with warm water before every meal. If a meal is missed or contains no fat, the dose can be omitted.

**Join the Reducin promo on Facebook to win cash prizes and ATC gift packs. For more information like our page: [facebook.com/ATCReducin](https://facebook.com/ATCReducin)**



Source: Available upon request.

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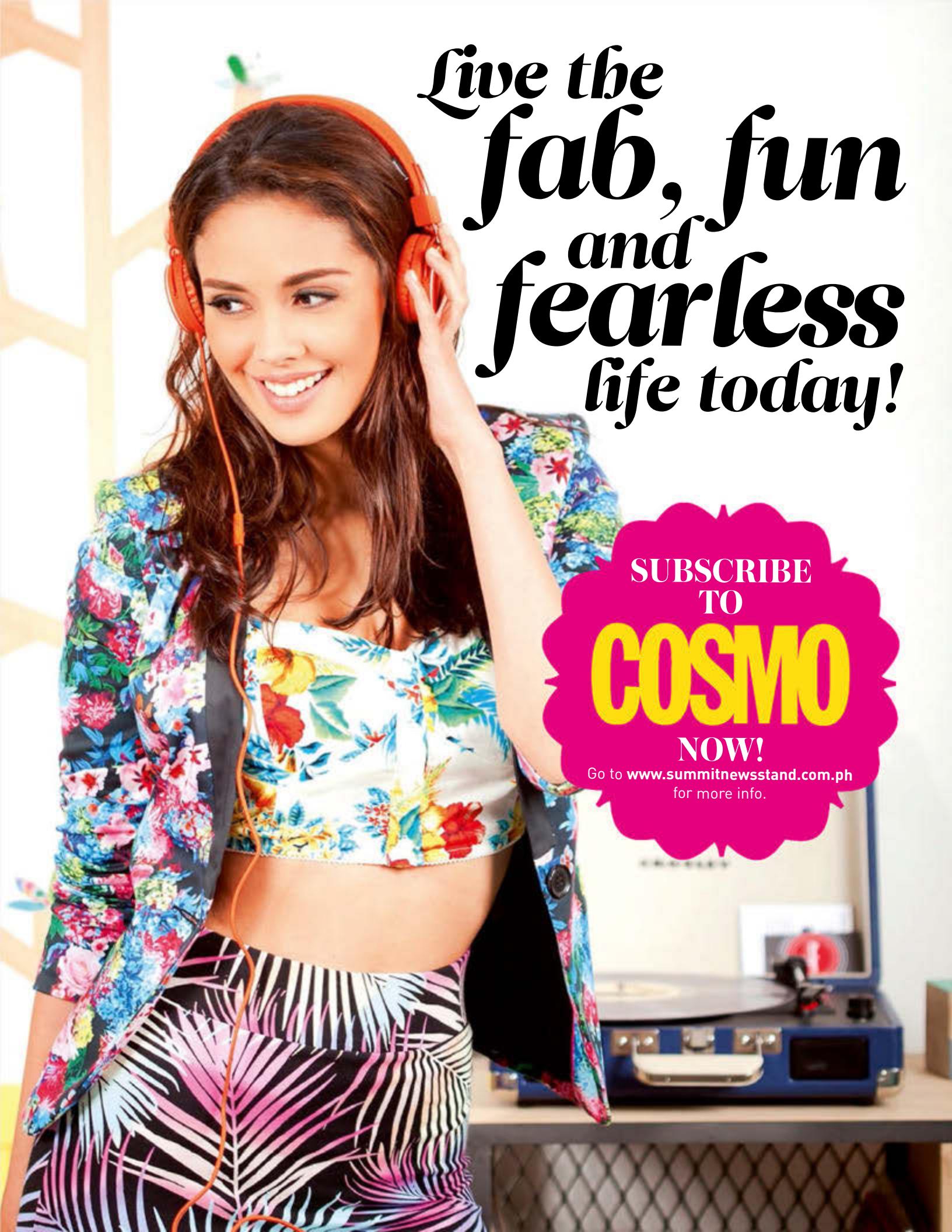
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Fun, Fearless

# STYLE

## Aviators

LOOK SO FLY IN A BADASS PILOT-INSPIRED PAIR.



24:01, ₱699.



Ray-Ban, ₱10,600.



Mango, ₱1,250.



Alt, ₱1,495.



Claire's, ₱590.

## Flash Lens

DARE TO WEAR THIS BLINDLY TRENDY STYLE.



Pink Tequila, ₱199.



Vogue, ₱6,900.



Ray-Ban, ₱13,200.



Alt, ₱1,595.



Jean & Rosz, ₱300.

## Geometric

SHOW OFF YOUR QUIRKY STYLE IN A FUNKY FRAMES.



Mango, ₱1,450.



Juicy Couture, ₱7,790.



Rubi, ₱599.



24:01, ₱599.



Sunnies Studios, ₱499.

## Cat-Eye

GO FOR A VINTAGE VIBE WITH THIS CLASSIC STYLE.



Mango, ₱1,250.



Mango, ₱1,450.



Vogue, ₱7,900.



Vogue, ₱7,900.



Sunnies Studios, ₱499.

## THROW SOME SHADE



Poppy Delevingne



Miranda Kerr  
Kate Hudson



Nicole Richie

Slay the accessories game with this season's freshest eyewear picks. Who ever said sunnies had to be basic?



## B&W Drama

NOTHING'S MORE SLEEK IN THE SUMMER LIKE THE GRAPHIC ELEGANCE OF DAY-TO-NIGHT BLACK AND WHITE.



Maillot, Cesa, ₱2,280.

Bikini, Cesa, ₱1,880.

Maillot, Naked Sun, ₱2,150.

Bikini, Naked Sun, ₱2,050.



Bikini, Cesa, ₱1,500.

Bikini, Agua, ₱2,700.

Bikini, Cocomo, ₱1,499.

Bikini, Nudo, ₱1,300.

Fun, Fearless Style



Cover up, Soak Swimwear, ₱1,400.



Bikini top, ₱500, and bottom, ₱300, both Tomato.



Bikini, Nudo, ₱1,300.



Maillot, Bayo, ₱1,295.

Swimsuit  
Special

## Garden Graphic

EXOTIC FLORA AND JUNGLE BLOOMS THAT ARE MORE BOTANICAL THAN DAINTY.



Maillot, I Love Koi, ₱1,880.



Maillot, Speedo, ₱4,488.



Bikini, Nudo, ₱1,150.



Caftan, Soak Swimwear, ₱1,400.



Maillot, Cocotini, ₱2,700.



Bikini, Cesa, ₱1,680.



Maillot, Cesa, ₱1,800.



Bikini, Angelfish, ₱549.75.

Fun, Fearless Style



## Citrus Cool

Swimsuit  
Special

WHEN LIFE GIVES YOU  
LEMONS AND ORANGES,  
HEAD TO THE BEACH!

Maillot, I Love Koi, ₱2,280.



Bikini, I Love Koi, ₱1,880.



Bikini, I Love Koi, ₱1,880.



Bikini, I Love Koi, ₱1,880.



Cover up, Soak  
Swimwear, ₱1,350.



Bikini, Naked Sun, ₱2,150.



Bikini, I Love Koi, ₱2,280.



Bikini,  
I Love Koi,  
₱1,880.



Bikini top, I Love Koi, ₱1,980 (part of a set). Bikini bottom, Bayo, ₱1,095 (part of a set).



Maillot,  
I Love Koi,  
₱1,880.



Scarf,  
Mango,  
₱1,950.



Maillot, Agua, ₱4,300.



Bikini, Angelfish, ₱699.75.



Caftan, Soak Swimwear, ₱1,400.



Bikini, Naked Sun, ₱2,150.



Bikini, Tomato, ₱800.

## Free Spirit

Swimsuit  
Special

IKAT PRINTS AND TRIBAL PATTERNS SPELL ETHNIC EASE AND STANDOUT STYLE.



Monokini, Tomato, ₱800.



Bikini, Soak Swimwear, ₱1,750.



Scarf, H&M, ₱349.



Bodysuit, Agua, ₱4,600.



Bikini top, I Love Koi, ₱1,780 (part of a set). Bikini bottom, Tomato, ₱300 (part of a set).



Two-piece, Tomato, ₱800.





Bikini top, ₱2,700, and bottom, ₱2,600, both Agua.



Bikini top, Naked Sun, ₱2,050 (part of a set).  
Bikini bottom, Agua, ₱2,800.



## Animal Instinct

*Swimsuit  
Special*

WILD THINGS TO MAKE THEIR  
HEARTS SING, AND EVERYTHING!

Maillot, I Love Koi, ₱2,280.





Capsinesis releases heat within you.  
It's like having a natural sauna inside you.

-Fitness Coach Toni Dimaguila - Saret

# SOME LIKE IT HOT

## What is Capsinesis?

Capsinesis is your effective fat burner and convenient weight loss partner made from raw cayenne pepper added with green tea and wild berry (bignay). The synergistic effect between the main ingredient cayenne pepper and the two herbs (green tea and bignay) gives 3x more powerful fat burning ability. Capsinesis can very well be the fitness partner that can perfectly fit your busy lifestyle!

## What is it made of?

400mg Cayenne (Capsicum Annum), 5mg Green Tea (Camellia Sinensis) and 5mg Wild Berry (Antidesma Bunius)

## How does it work?

Capsinesis works in three HOT ways: BURN THE BULGES, CRUSH THE CRAVINGS and FIRES UP YOUR FIGURE! Capsinesis burns the fats inside your body, suppresses your improper cravings and speeds up your metabolism to prevent the build up of fats. Capsinesis also have thermogenic effect - the process by which fats are converted into energy.

## How to take Capsinesis?

A. For Master Cleanse or Lemonade Diet:

- Replace cayenne pepper powder with 1-2 capsules of Capsinesis

B. For weight loss:

- Gradual
- First Day: 1 capsule 30mins after each meal
- Second & Third Day: 2 capsules 30mins after each meal



C. For maintenance:

- 1-3 capsules a day
- Preferably taken 30 minutes after each meal

Maximum of 9 capsules a day.

Do not take with an empty stomach.

Consulting your doctor before taking any diet program is recommended.

## Who can take Capsinesis?

Male and Female

18 years of age and above

TREND TEST

How to wear...

# THE BEST SWIMSUIT FOR YOUR BODY TYPE



**ANNAB MONZON**  
33, brand manager

Maillot, I Love Koi, ₱2,280. Wedges, Charles & Keith, ₱2,399.

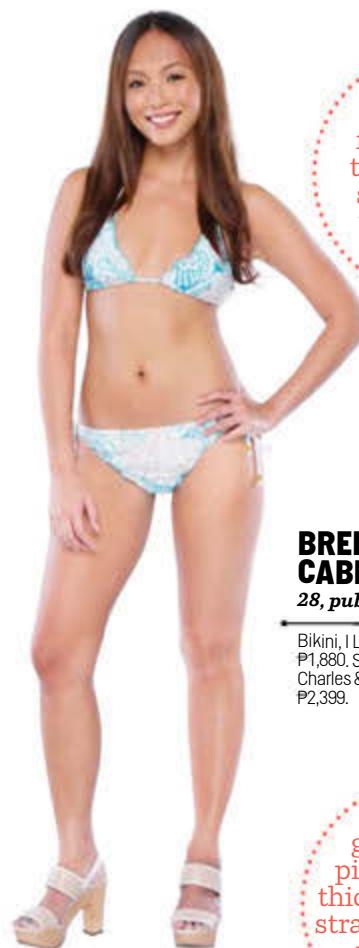
A maillot with skin-tone panels on the bikini area gives the illusion of longer legs and a taller frame.



**TRISHA BAUTISTA**  
25, editorial assistant

Bikini top, Etam, ₱1,650. Bikini bottom, Nothing But Water, ₱895. Shoes, Charles & Keith, ₱2,399.

Show off an hourglass figure to the max with a low-rise, hip-skimming bottom.



**BREI CABREIRA**  
28, publisher

Bikini, I Love Koi, ₱1,880. Shoes, Charles & Keith, ₱2,399.

Busty gals should pick tops with thick, adjustable straps and ample underwire support.



**BEA BAUTISTA**  
27, brand manager

Bikini, Josie Natori at Rustans Department Store, ₱10,000. Wedges, Charles & Keith, ₱2,399.

A layered ruffled top makes an A-cup look fuller.

**SARA DE GUZMAN**  
24, PR officer

Bikini, Cesa, ₱1,500. Shoes, Charles & Keith, ₱2,399.

Soften an athletic frame with a triangle-style string bikini with ruffled edges.





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# ASK HAPPY

Cosmo fashion editor Happy Lopez fixes your fashion probs and shares her new obsessions.

## How do I wear a white blazer without looking like a lab technician?

“White blazers are a great summer alternative to your usual black ones. The trick is to pick a tailored style that’s tapered to show off your shape. If you prefer it oversized, pick a tuxedo version with black lapels or one with contrasting piping to avoid looking like a doc on duty.”



Mango  
Spring/  
Summer  
2015

## It's too hot to wear a watch, especially with metal or leather straps. Any stylish suggestions?

“I agree! Plus sweat can ruin leather straps and discolor metal ones. Watches with rubber or plastic straps are more warm weather-friendly and are much easier to maintain. We like this so-on-trend timepiece from the latest Lacoste collection—white always looks clean, fresh, and day-to-night summer-chic.”



Lacoste

Triumph



I'm going on my honeymoon and I've never worn sexy lingerie before. Can you suggest styles that won't make me feel awkward?

“There are many! If you’re intimidated by or not comfy with garter belts and see-through styles, try a nightie or a camisole top-and-knickers set such as this one, with lace details in blush. It hints at just the right amount of sexy to get both of you in the mood. But whatever you do, leave the pajamas and granny panties at home!”



Vania  
Romoff

## I'm attending a beach wedding but don't have the time to get fitted for a designer dress appropriate for the location. Where can I shop ASAP?

“You’re in luck, girl! Top designer Vania Romoff just released a capsule summer collection via online store Ava.ph. Choose from a selection of pieces you can mix and match for any occasion. Our pick? A flowy pale aqua tube dress that’s easy yet elegant—perfect for a beach (or city!) wedding.”

Sometimes, life comes swooping in with the unexpected. A sudden college reunion, an unplanned trip, or a wedding or party invitation exactly when you aren't looking your best—when there are flabs and bulges here and there that you can't get rid of nor hide. Before, you may have panicked and ultimately decided to say "Pass!" Now, you no longer have to keep missing out. No more struggling with bulging belly, thick thighs and jiggly arms because with the new **i.Lipo Body-Shaping Laser**, you achieve instant inch-loss.



# immediate Inch-loss

*The new i.Lipo Body-Shaping Laser*

i.Lipo is a breakthrough non-surgical laser treatment that reduces the stubborn pockets of fat in the body which are resistant to diet or exercise, first introduced in the Philippines by the leading name in non-invasive slimming, Marie France.

It stimulates the body's natural response to fat-burning through low levels of visible red laser light. This prompts fat cells to break down the stored triglycerides into fatty acids and glycerol, which are then eliminated through the body's natural processes. Inch-loss in specific problem areas, like the tummy, arms and thighs, is achieved safely and painlessly.

The first direct skin contact laser device for fat reduction and body contouring to receive US-FDA clearance, i.Lipo is clinically proven to give immediate results. Studies have shown that you can lose as much as 3 cm in your problem area on your first treatment,

with results improving further after every session. Some cases have even been found to be comparable to results

gained from liposuction, but without the cuts, bruises, pain and risks.

It's easy to see why even Hollywood's most stunning bodies, reportedly including actress Jessica Alba, are impressed by i.Lipo. It has also been featured in top magazines like Harper's Bazaar, OK! Magazine, Shape Magazine and New You.



Don't be left out. Experience this slimming innovation now. It's quick: less than 1 hour per session. It's painless: clients have described it to feel like a massage. It's easy: you just lie down and let the treatment do the hard work. It's the intelligent alternative to lipo—no risk, no scars, no bruises and no downtime. Try it yourself and see the difference.

» Call Marie France today at 894-2639 for a free i.Lipo consultation.



### SUNNY DISPOSITION

This month, make a statement with bright bags that scream summer. Take your fashion cue from Michael Kors' S/S 2015 collection. P.S. This yellow backpack is too cute to pass up!



# WHAT'S HOT

Get your fresh fashion fix with this month's finds.

### WRIST-TAKER

Add an iconic twist to your outfit with National Artist BenCab's famous "Sabel" on your wrist. The limited edition BenCab x Swatch watch will never go unnoticed—def a collector's item.

**WANDERLUST**  
Beach-bound with the *barkada* or staycationing with your guy? Stash the latest bright and breezy swimsuits in your luggage from Roxy's latest campaign, Loving Lost, Our superfave: this floral-bikini-and-sexy-tank combo.



### WHITE-HOT

For the Cosmo girl who can't find the perfect dress—look no further. Luxe white pieces can be found in young designer Rosenthal Tee's latest collection. With bridal gowns, cocktail dresses, tops, and skirts, her atelier is a must-visit.

The Rosenthal Tee Atelier, 1 Virginia St., Barangay Sto. Nino, Marikina City  
(0917) 852-6923



### KICK 'EM TO THE CURB

Get your summer sneaker game on point with Keds. From popsicle colors, tribal waves to kitschy retro prints, there's sure to be a pair perfect for your white-on-white beach-ready outfit.



**HAPPY'S TIP**  
Ditch the matchy-matchy and mix up your bikini tops and bottoms. Solids + prints or print-on-print—the permutations are endless!

Sunshine Cruz is wearing Ever Bilena Matte Lipstick in Magenta.

# ever bilena

Sunshine  
Cruz  
SUNSHINE CRUZ  
Model/Actress

## THE ULTIMATE MATTE EXPERIENCE

Experience beauty at its finest with the touch of Ever Bilena Matte Lipstick which boasts of its rich color for that impeccable matte finish. It comes in 17 shades, all infused with Vitamin E to help maintain lips' moisture.

P165



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"IS NOT A KISS THE VERY  
AUTOGRAPH OF LOVE?"

HENRY FINCK, AUTHOR

REVOL



# ROMANCE IS ON



## NEW REVLON ULTRA HD™ LIPSTICK

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Traditional Lipstick

VS.

NEW Revlon Ultra HD™ Lipstick

EMMA STONE WEARS HD GLADIOLUS.

# REVLON

LOVE IS ON™

# REINE BLANCHE WHITENING PROGRAM

FROM A FLOWER THAT ILLUMINATES  
ITS PETAL OVER TIME

In early summer in the highland meadows of Provence, the Reine Blanche begins to lighten in the sun, changing from pale yellow to radiant white. L'OCCITANE captures its unique brightening power in a program that helps to whiten and illuminate skin for a natural translucency and flawless complexion. Day after day, skin regains its inner light and its immaculate radiance.

90% OF ASIAN WOMEN CLAIMED THEIR SKIN HAS RECOVERED ITS INNER LIGHT.\*

L'OCCITANE, a true story.

\* Satisfaction test after 8 weeks on 30 volunteers for the Whitening Cream and 29 volunteers for Whitening Serum.



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[ph.loccitane.com](http://ph.loccitane.com)



L'OCCITANE en Provence – Philippines



L'Occitane\_PH



Fun Fearless

# BEAUTY

Let the warm and spicy fragrance of Gucci Guilty Stud Limited Edition, ₱5,250, take you away to the exotic destination of your dreams.



Humidity does not have to equal lifeless locks. Apply a pre-styler like Kérastase Forme Fatale, ₱1,540, to lock in volume when you hit the outdoors.



Eyes smolder in striking shades of teal and turquoise. Play with L'Oréal Color Riche Les Ombres in Emerald Conquest, ₱899.



So much to love about Smashbox Santigold Be Legendary Lipstick Ring, ₱2,150, with its hidden lip color and Swarovski crystal embellishment.



Squinting at the sun can cause crow's feet. Reduce fine lines using Lancôme Absolue Yeux, ₱6,995, and don't leave the house without your shades.



Replenish skin with a nourishing moisturizer. Try Dior Prestige La Crème Souveraine, price available upon request, for a radiant, goddess-like glow.

Whether seeking adventure on an exotic island or in the comfort of your air-conditioned room, these glitz finds keep you looking and feeling glamorous, wherever you may be this summer.



Make your look memorable with shimmery, gold shadow. Dust lids with Make Up For Ever Metal Powder in #1, ₱1,400.

Jewel-toned eyeliners like Eye of Horus Teal Malachite Goddess Pencil, ₱990, glide on easily to create the perfect hypnotic gaze.

Your mani just got more interesting with a sparkly blue topcoat of Revlon Nail Enamel in Radiant, ₱225.



The deep blue sea is right at your fingertips when you swipe on Revlon ColorStay Gel Envy in High Stakes, ₱325.

eye of horus® ITALY

# News



## GET YOUR BEAUTY SLEEP ON

Did you know dark spots crop up on skin while you sleep? According to Estée Lauder's scientists, pigmentation is linked to our body's circadian rhythm (aka our body clock). When we're exposed to UV rays during the day, our skin's natural ability to self-protect decreases. Sun exposure generates the production of melanin, which emerges as dark spots and discoloration come bedtime.

Luckily for us, Estée Lauder's new Crescent White Full Cycle Brightening line is complete with cleansers, creams, correctors and even SPF makeup that work around the clock to address daytime damage as well nighttime repair. You can rest easy knowing you'll wake up looking fair and fabulous!

Estée Lauder  
Crescent White Full Cycle Brightening Spot Correcting Essence, ₱5,650.



Estée Lauder  
Crescent White Full Cycle Brightening BB Creme SPF & Brightening Balm, ₱2,500.

## SUPER STOKED ON...

Touch-up free, long-lasting foundation! Running between meetings and errands (much less in this heat), means minimal time to make sure your makeup is still intact. When we found out Maybelline and L'Oréal both launched foundations promising matte coverage for a whopping 12 hours (we're talking no retouches), we had to try it! So, did our beloved beauty brands live up to their claims? Two of Cosmo's staffers road-tested these foundations to see how they stood up against the heat, humidity, and pollution.



"I'm always on the go because of my job and I rarely have time to touch up. I wore this foundation for 13 hours today and I didn't have to reapply once!"

—RETTY CONTRERAS,  
EDITORIAL ASSISTANT,  
COSMO.PH



"This foundation felt light and fresh, not cakey like other makeup. I like that even when it left a matte finish, my skin did not look dull."

—HAZEL MALAGONIO,  
ART DIRECTOR



L'Oréal Paris Mat Magique, ₱499.

Maybelline White Super Fresh, ₱299.

## UP CLOSE & PERSONAL

Seeing your hair under a microscope? Gotta admit, a bit scary. Now, with the help of the Davines Hair and Scalp Analysis Scanner, you can take a *much* closer look at your hair health. This scanner magnifies follicles up to 200 times using a microscopic lens. Once a technical analysis has been taken, clients are diagnosed with a hair and scalp type and prescribed treatment if necessary.

Davines Oi Absolute Beautifying Shampoo, ₱1,195 SRP.



Davines Oi Absolute Beautifying Conditioner, ₱1,350 SRP.



## MERM'S TIP

When temps rise, refrigerate lotions, serums, toners, and eye creams for a quick cool-down. Make sure to leave fragrances on your vanity! Perfumes should be kept at room temp so they don't lose their scent.





GET INTENSE WHITE SKIN

with **Belo** INTENSIVE WHITENING

25 *Belo*  
beautiful years



## ASK MERM

Got a beauty dilemma? Get expert advice from Cosmo's beauty editor who has seen and tried it all!



Nivea In-Shower Intensive Skin Conditioner, ₱169.  
Kracie Natululu Skin Conditioner, ₱495.

I hate putting sticky lotion on my body when it's so hot and humid outside!

“Shower with a moisturizing body wash and follow with a hydrating body toner. These liquid toners (that have become all the rage in Japan) condition skin without the greasy feel that regular lotions leave behind. Store yours in the fridge to keep refreshingly cool and wipe down using a sponge or a cotton pad.”

Why does my mani get messed up when I put on sunscreen?

“Ingredients in sunscreen are tough to dissolve, so emulsifiers are added to break down the lotion when applied. Unfortunately, these dispersing agents are similar to those found in nail polish remover, which cause softening and dissolving of nail polish and acrylic nails.”

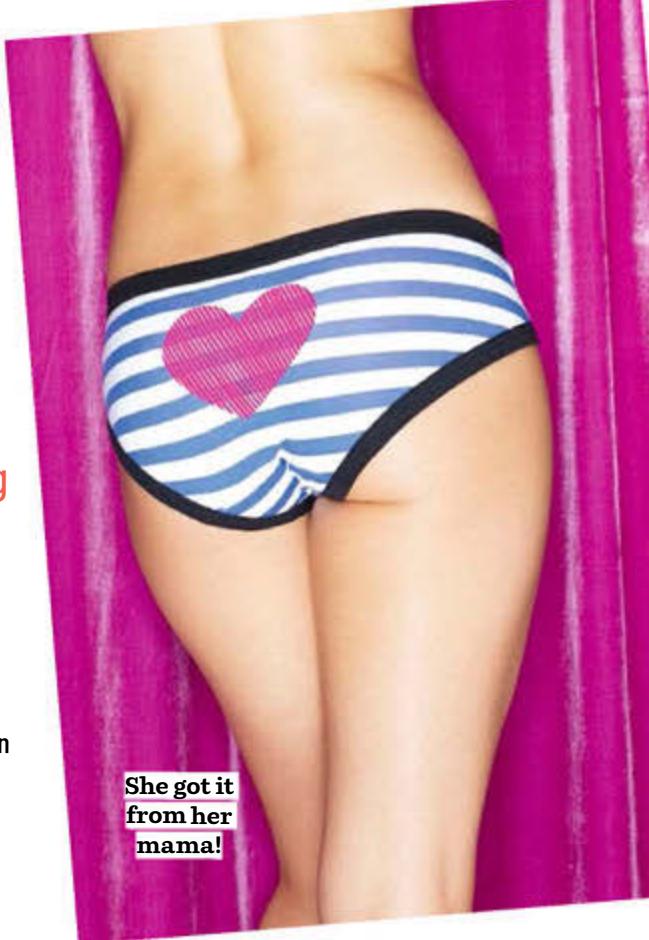
Do I need to use makeup remover before cleansing with a facial brush?

“Depends on the type of makeup you wear. A facial brush effectively cleanses skin with mineral powder or tinted moisturizer on. I recommend makeup remover on heavy powder, liquid foundation, or sunscreen, so your brush can work to deep clean skin rather than just remove layers of product. Regardless, use makeup remover on lipstick and eye makeup since facial brushes are not meant to be used on these sensitive areas.”



I want to wear a bikini but I'm self-conscious about my chest and back acne.

“Treat your chest and back the same way you would your face. Use an exfoliating glove to gently scrub breakouts with a facial cleanser or body wash meant for acne-prone skin. Moisturize with an oil-free, non-comedogenic body lotion and apply salicylic spot treatment on pimples.”



She got it from her mama!

I have horrible stretch marks. How do I get rid of them?

“Despite popular belief, cocoa butter and topical oils have not been proven to prevent or fade stretch marks since they occur far below the epidermis. Genetics determine whether or not you're predisposed to developing them during puberty, pregnancy, or rapid weight gain. Ask your derm about prescription Retin-A, laser treatments or peels that can help stimulate collagen and elastin to help reduce the appearance of those pesky marks.”





Cristine Reyes  
Model/Actress

NEW

## BEAUTY IS SUPREME

Introducing the new EB Advance Supreme Lipstick. Available in 2 finishes - Matte and Crème, with twelve rich, covetable colors that make a statement at a glance. Swipe on an ample dose of edge and elegance from the newest beauty essential from EB Advance.

 **ADVANCE™**

**P195**



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# CHEAT SHEET

# FAKE-FIT THIS SUMMER

Didn't quite make it to those spin classes or resist your daily caramel fraps like planned? Fake it 'til you make it with our how-to guide on contouring your body. Genius!

**LOWLIGHT**  
First, shade with a bronzer or foundation two shades darker than your natural color.

**Neck**  
Slim down in seconds by blending bronzer underneath chin and all over neck.

**Shoulders**  
Tanned shoulders instantly look more toned. Apply bronzer to shoulders in a circular motion, as though you are applying lotion.

**Décolletage**  
Perk up pups by bronzing inside, below and outside the breasts in a C-shape. Create instant lift by highlighting the fleshy, inner tops of cleavage.

**Back**  
A defined back makes any backless dress even sexier, but you'll need a friend for this one. Swipe bronzer down the center line of your spine from the neck to the lower back and blend.

**THIGHS**  
Squat to see definition on outer thigh, between hamstring and quadricep. Shade this indentation. Lift one knee to your side and shade the definition on the inside of inner thigh.

**HIGHLIGHT**  
Then, highlight with a light-reflecting, luminizer.

**Collarbone**  
Apply bronzer to the natural shadows above and below the bone. Swipe a luminizing highlighter on top of the actual collarbone itself.

**Arms**  
Clench your fist and extend a straight arm backwards. Trace over the natural definition in the back of tricep with bronzer. Flex bicep and trace below the natural half-moon shaped indentation with bronzer.

**Abs**  
Draw a straight line down the center of stomach from ribcage to belly button and blend. Trace obliques (vertical lines on either side of your belly button) by creating a parenthesis shape.

**Butt**  
Lift your derrière in seconds by bronzing underneath and around to the outside of butt, making a half-circle shape. Add highlighter to the top and center of cheeks.

**Calves**  
Flex calves and shade the indentation under the calf muscle in the back of your leg. Apply highlighter down the center line of thighs and shins to give the illusion of length.

**1** Art Deco Spray On Leg Foundation in Desert Sun, ₱995. **2** Model Co. One Night Tan, ₱1,550. **3** Mary Kay Bronzing Powder in Light-Medium, ₱799. **4** Make Up For Ever Face & Body Liquid Makeup in 24, ₱2,700. **5** Revlon PhotoReady Skinlights in Bronze Light, ₱825. **6** Make Up For Ever Face Luminizer Gel in Uplight, ₱1,950. **7** CoverGirl Tru Magic The Luminizer, ₱425. **8** MAC Strobe Cream, ₱1,950. **9** Make Up For Ever Sculpting Kit in 2, ₱2,450. **10** Revlon Highlighting Palette in Copacabana, ₱1,750. **11** Nars Illuminator in Copacabana, ₱1,750.

# THE SUNBLOCK SUMMER GUIDE

## FACTS ON ULTRAVIOLET RAYS

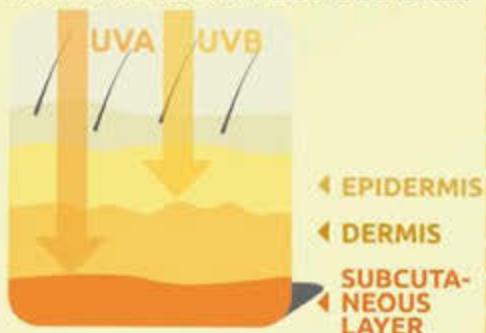
There are three main types of Ultraviolet rays and there are two that are harmful to our skin.

95% UVA RAYS ages your skin.

UVC RAYS blocked by atmosphere.

90% UVB RAYS burns your skin.

## HOW UV RAYS AFFECT OUR SKIN



## TOO MUCH SUN

IS THE LEADING CAUSE OF SKIN CANCER

### COMMON SKIN CANCER CAUSED BY SUNLIGHT:

**SQUAMOUS CELL CARCINOMA** - is a cancer of a kind of epithelial cell.

**BASAL CELL CARCINOMA** - is the most common skin cancer. It rarely metastasizes or kills.

**MELANOMA** - is a malignant tumor of melanocytes.

## WHAT IS SPF

AND WHAT DOES ITS NUMBERS STAND FOR?

SPF

### SUN PROTECTION FACTOR

is a measure for a sunblock's ability to protect you from UV rays that varies from different skin types.

15 30 50

SPF NUMBER WILL DETERMINE HOW MUCH TIME YOUR SUNBLOCK WILL LAST



HOW LONG WILL MY SUNBLOCK SPF LAST?

TIME WILL VARY DEPENDING ON YOUR SKIN TYPE

FAIR

multiply by 10 mins.

AVERAGE

multiply by 15 mins.

DARK

multiply by 20 mins.

SPF NO. X SKIN TYPE = TOTAL PROTECTION FROM UV rays

15

FAIR  
10 mins.

= 150 mins.  
OF TOTAL PROTECTION

BROAD SPECTRUM PROTECTION refers to protection over the full range of UVA and UVB waves.



## WHAT IS PA+++?

PA+++ IS THE JAPANESE RATING SYSTEM\* FOR HIGHER LEVEL OF UVA PROTECTION

\*3 "PLUSES" IS THE HIGHEST



SPF  
69  
PA+++

## HOW MUCH SUNBLOCK SHOULD YOU APPLY?

AT LEAST ONE OUNCE (ENOUGH TO FILL A SHOT GLASS) OR THE AMOUNT YOU CAN HOLD IN YOUR PALM.

1 OZ



HOW TO APPLY SUNBLOCK?



RE-APPLY at least every 2 hrs

## BEING PREPARED FOR SUMMER IS THE KEY!

KNOW THAT AND KNOW WHAT PROPER SUNBLOCK PROTECTION MEANS.



# BEAUTY 101

# YOUR SUMMER HAIR REMOVAL GUIDE

Swimsuit season means stripping down and baring all (okay, maybe not all). But def enough that you'll need to prep your more...um, intimate areas. Find out which hair removal method best suits your needs.

## METHOD Depilatories

### LEVEL OF DISCOMFORT



**TIME**  
3 to 10 minutes

### HOW LONG RESULTS LAST

1 to 3 days

### PRICE POINT



### THE LOWDOWN

Depilatories are quick, cheap, and easy to use. They contain chemicals that break down follicles, so hair is easily removed when cream is wiped away. However, the follicle isn't removed from the root so results don't last as long.

A slight tingling sensation is normal when the lotion is at work, but if left on too long (or if skin is sensitive), it can burn. Patch-test a small area of skin to see if you're susceptible to burns or rashes. Do not leave the product on for more than the designated amount of time.

If you feel stinging, remove cream and run under cool water for 20 minutes. Apply a thin layer of antibiotic ointment and refrain from using soap till the burn goes away.

### TRY

Veet Hair Removal Cream, ₱257.



## METHOD Waxing

### LEVEL OF DISCOMFORT



### TIME

Depends on area waxed

### HOW LONG RESULTS LAST

4 to 6 weeks

### PRICE POINT



### THE LOWDOWN

Letting hair grow one to two weeks (or 1/4" in length) allows wax to get a better grip on hairs so they're released from the root. Exfoliate really well the morning of your appointment to shed dead skin and lift trapped hairs. Popping a pain killer thirty minutes before your appointment can also help to relieve pain. After your wax, soothe redness and irritation with aloe lotion. Do NOT consume alcohol pre-wax, as it only tightens the pores, causing more pain.

### TRY

Bare Skin Waxing Studio, Marie-France centers, or Facial Care Center branches.



DIY with Nanny Rose's Sticks & Pulls Honey Wax, ₱149.

## METHOD ICE Laser

### LEVEL OF DISCOMFORT



### TIME

Depends on area lasered

### HOW LONG RESULTS LAST

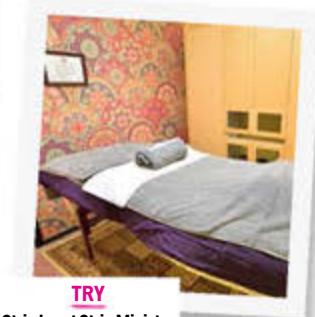
Semi-permanent

### PRICE POINT



### THE LOWDOWN

This semi-permanent laser hair removal procedure is painless (simply an initial slight discomfort of having really cold gel applied). Beams of filtered light disintegrate hair at the root, delaying growth as well as lightening pigmentation and reducing ingrown hairs. It works on all skin tones and hair shades. Although these sessions are pricey, the results are worth it. You will need about six sessions (four weeks apart) with one to two touch-ups per year.



TRY  
Strip Ice at Strip Ministry of Waxing (above) or Soprano Ice Laser at The Aivee Institute

## METHOD Shaving

### LEVEL OF DISCOMFORT



### TIME

5 to 20 minutes

### HOW LONG RESULTS LAST

1 to 3 days

### PRICE POINT



### THE LOWDOWN

Results are short-lived since hair is removed only at the surface. Another big downside: razor burn, ingrown hairs, and nicks. Use a blade with moisturizing strips and replace after five shaves. Choose a shaving gel over foam—gels allow razors to better glide across skin with minimal cuts. Exfoliating regularly and moisturizing after shaving can also help reduce ingrown hairs. If you've developed any unsightly bumps, apply after-shaving products geared toward treating ingrown hairs.

### TRY

Watsons Razor, ₱329  
Bliss Ingrown Eliminating Pads, ₱2,090.



## Sexy CURLS for a sexier YOU.

**Intensifies curls....Defines waves.**

Especially formulated to accentuate frizz-free shiny curls.  
It provides natural control with a touchable feel.  
Gives awesome definition and bounce  
to curly or wavy hair.



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[www.jotocogroup.com](http://www.jotocogroup.com)

# SCALP-TO-SOLE SUN PROTECTION

Sorry gals, slapping moisturizer with SPF on your face once a day just won't do. Don't worry, we've got your back (and everywhere else) covered! Read on to stay safe this summer.

**Body** We may be good at slathering on sunscreen when at the beach, but what about on a daily basis? Our bodies are exposed to UV rays even when we are inside our home during the daytime. Make moisturizing with an SPF body lotion part of your daily routine.



## 3 facts everyone should know about sunscreen

We caught up with Dr. Teo of The Aivee Institute to get the lowdown on suncare:

"At least 1 teaspoon is needed to cover the face and 1 shot glass for the body."

"Foundation containing SPF can be a potent source of protection but isn't viable because it's impossible to wear a teaspoon's worth of foundation on the face without it looking cakey."

"As long as you can see daylight without the use of artificial lighting, it means that UVA and UVB rays are present."



**Hair** Faded color, split-ends, thinning hair, straw-like strands, these are just a few of the damaging effects UV rays have on our hair. Think premature aging only happens to skin? Believe it or not, our hair ages just the same! Hair-care products with UV filters are important when outdoors to protect locks from protein loss. Spritz hair with sun protectant and wrap into a bun to keep from being exposed.

**Scalp** We never think our scalps need SPF but they are just as prone to burning and skin cancer as much as the rest of our body. Areas on your scalp that are exposed, such as your part or hairline, are prone to sunburn. Shield your scalp from the sun's rays by spraying an SPF mist or sweep mineral powder with SPF onto roots, your part and along the hairline. For 100% protection, grab a hat!



## WHEN LEAST EXPECTED...

our body is exposed to UV rays (we're talking indoors or on a cloudy day). With all these great products out there, you have no excuse not to!





Neutrogena Ultra Sheer SPF50, P460. Estee Lauder Perfectionist Youth-Infusing Makeup SPF25 in Sand, P2,800.

**Face** We're all too familiar with the necessity of wearing sunscreen on our face. But should you be wearing a different type than on your body? Find a sunscreen that addresses the specific needs of your skin type. If you are oily or acne-prone, look for a lightweight, non-greasy formula labeled "oil-free." Dry-skin types should avoid sprays or gels that contain alcohol, which can be very drying. Instead look for sunscreens that contain hydrating ingredients like aloe or glycerine.

**Lips** Lips are another body part we tend to forget when covering up at the beach. The skin on our lips is naturally thin and can lose its elasticity over time if not protected. Not to mention how dry and chapped they can get from being in the sun all day. Use a lip balm containing SPF daily, even on cloudy days and reapply every few hours like you would with sunscreen.



Nivea Med Protection SPF15, P94. Kiehl's Lip Balm #1, P495.

**Nails** Did you know that even the skin under your nails can burn and cause those vertical ridges that take months to grow out? Frequent sun exposure can make nails brittle, dry, and even turn them yellow. Nails are made of protein, just like skin, and overexposure to UV rays can lead to the degradation of protein (keratin) which keep nails strong and healthy.

Revlon Colorstay Gel Envy in Lady Luck and Showtime, P325 each.



1 Nivea Sun Moisturizing After Sun Spray, P254 2 Ocean Potion Aloe Gel, P375 3 Daylong After Sun Repair, P890 4 Mythos After Sun Body Milk, P495 5 Clinique After-Sun Rescue Balm with Aloe, P1,200

## WHY USE AFTER-SUN CARE?

No matter how careful we try to be and how much we cover up, sometimes getting sunburned is inevitable. Soothe burns with a nourishing, moisturizing remedy like aloe. After-sun care products are great for rehydrating and locking in moisture when skin is dehydrated from being out in the sun.



1 Mary Kay Sun Care SPF30 Sunscreen, P1,095 2 Hei Poa Lait De Monoi SPF 30, P995 3 Shiseido Perfect UV Protector, 30ml, P2,100 4 Bioderma Photoderm Max Spray SPF 50, P2,034 5 Vaseline Healthy Sunblock SPF30, P284.75 6 Juice Beauty SPF30 Sport Moisturizer, P925 7 Beach Hut Max SPF 100, P499 8 Human Nature Safe Block SPF15, 200 ml, P550

**Dr. Jean Marquez of The Skin Specialist says...**

"It's important to reapply sunscreen since it can be physically rubbed off when you wipe your face, or get washed off when you perspire or swim. In addition, the active ingredients in sunscreen break it down overtime."

# GIRL CRUSH KATARINA RODRIGUEZ

You can't miss this model *du jour* and one of Cosmo's 8 Sexiest Models—she is *everywhere*. Off-duty, she likes to run and practice yoga. Here, she dishes out her beauty essentials, plus the secret to those *uhhh*-mazing brows!



## PRE-PARTY GLAM

As soon as I step out of the shower, I apply **Vitress Cuticle Coat** on my hair. Then, I smooth on **Clinique All About Eyes in Rich** all over my face and around my eyes. I love doing a heavy liner on my lids with **MAC Gel Liner** in Blacktrack. I contour with a bronzer, then finish off with **Make Up For Ever's Waterproof Gloss Lab Shine**. It's awesome—it gives my lips a very natural stain.

TheFaceShop's Lip and Cheek Aqua Tint in 01 Juicy Red, ₱225.

### HER STAPLES

"Pond's BB Cream is one of my favorites as it does a lot: It acts as my moisturizer, sunscreen, base, and concealer. I also have TheFaceShop's Lip and Cheek Aqua Tint, perfect for color on my cheeks and lips."

Pond's Age Miracle BB Cream in Light, ₱499.

Make Up Factory Lash Explosion in Black, ₱1,280.



### DRY-SKIN DILEMMA

"I use Clinique Moisture Surge Face Spray to prep my skin before makeup. My skin is really dry and I have to make sure it's hydrated and moisturized well."



MAC Fluidline Gel Liner in Blacktrack, ₱1,000.



### HER ICON

"Barbara Palvin is gorgeous! Her red-carpet makeup is always striking. I love checking out her shoots and campaigns for ideas."



### GET THAT GLOW

"Argan Oil is just the best! I bring it with me everywhere I go and use it on my face, body, and hair. My skin absorbs the oil within minutes without that greasy feeling and it gives me this certain glow."

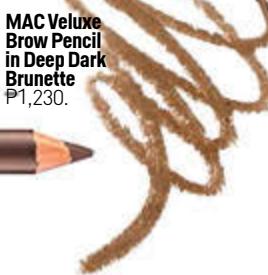
### HER BROW GAME

"The secret? I don't touch them! But when I do put on makeup, I use MAC Veluxe Brow Pencil to define, then just brush my brows lightly with mascara to darken and emphasize their thickness."



### SKIN IS IN

"No. 1 lesson from modeling: Taking care of yourself has a huge impact on your skin, body, and hair. So I make sure I get a lot of rest and hydration!"





**BYS.**  
**WOW BROW**



### TANG TIME

Don't let this bold balm scare you. Moisturizer goes on transparent so lips look and feel kissable. **Maybelline Baby Lips Moisturizing Lip Balm in Fierce N Tangy, ₱89.**



### MINI MANI

Never seem to finish that bottle of polish before it goes bad? These petite cuties are half the size and the price. **Ciaté Mini in Chinchilla, Afterglow, and Members Only, ₱349.95 each.**



## P500, TOPS!

Look and feel like a million bucks (without paying the price). No buyer's remorse here!

### TONGUE IN CHEEK

When a coral shade is universally flattering on every skin tone, we say, *cupcakes for everyone!* **Etude House Sweet Recipe Cupcake All Over Color in Orange Choux Cake, ₱378.**

No.1  
selling scar &  
stretch mark  
product in  
17 countries



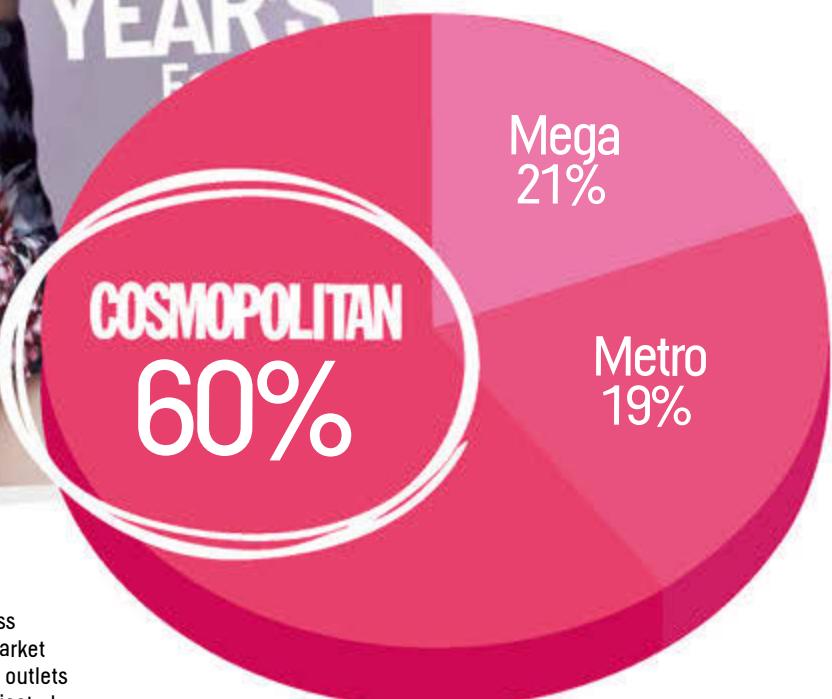
"I never wrote a testimonial before for any sort of product. But then, I have never been impressed or happy with any of the results until now! I saw a Bio-Oil ad in a magazine and I have to admit I was totally sceptical but decided to give it a go. It has been over a month that I've been using Bio-Oil twice a day and the stretch marks on my stomach have started to look so much better! So I just wanted to let you know that this product is working for me and I will continue using it. And the price tag is an extreme plus!"

Alexandria Pelletier

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit [bio-oil.com](http://bio-oil.com). Bio-Oil is available at pharmacies and selected retailers at the recommended selling price of P495.00 (60ml). Individual results may vary.

**COSMO CONTINUES TO BE THE *No. 1*  
YOUNG WOMEN'S MAGAZINE IN THE COUNTRY.**

*Thank you, Cosmo girls!*



**TNS Survey 2014**

Cosmopolitan Philippines is every Pinay's guide in living her fun fearless life and is 60 percent ahead of its nearest competitor. TNS, a leading market research and marketing information agency in the world, surveyed 350 outlets from October 1 to 31 in key cities all over the Philippines. The study indicated that Summit cornered 57% of magazine copies sold, a significant growth from 49% in the 2013 survey. It also showed that Summit magazines continued to lead in 12 categories; namely, young women, fashion, celebrity, men's luxury, men's lifestyle, home, family and home, teens, parenting, automotive, society, and food.



Talk about  
mastering buddy  
breathing

HOW TO HAVE

# HOT SUMMER SEX

(WITHOUT GETTING ALLERGIES, HEATSTROKE, OR... ARRESTED)



BY JULIEANNESMOLINSKI

ILLUSTRATED BY MICHAEL HOEWELER

**T**here's nothing like a sexy summer romance. But getting down during the dog days comes with its own unique set of hazards: sun rash, dehydration, bugs. The good news: **There are plenty of ways to take advantage of the warm weather and perv out in seasonally specific settings.** All you need is a little foresight and a dash of preparation and you can have plenty of outdoor kicks while avoiding jail, injury, and hypervigilant amusement-park attendants. Follow these pointers and positions, and as your high school crush once wrote in your yearbook, **have a great summer!**



"Grab my butt and CALL ME ARIEL!"

## IN WATER

Water makes you buoyant! Take advantage! Try **The Dirty**

**Mermaid:** Face your guy while he stands, wrap your arms and legs around him, and go to town while he holds your legs for support. Best attempted during adult swim. One caveat: Condoms and water don't mix. One more caveat: Water washes away your natural lubrication, so extra (nonsoluble) lube might be necessary. Maybe try a little making out, Dirty Mermaid-style, and then head to dry land for the real action....



## ON A PICNIC TABLE

First, be sure to check for rusty hardware, ants, and dry rot. All clear? Sit on the edge of the **table** with your legs on the bench, and have your guy sit on the bench between them, facing you, his head level with your thighs. Get it? It's a picnic! And you're so much better than PB&J.



## ON A TRAMPOLINE

It's just like a bed, except with higher bounce factor/risk of serious injury! Try **The Circus Freak:** With your guy seated with his legs crossed, hop onto his lap so you're straddling him in a kneeling position, and hold on to his shoulders. Keep your bodies close and bounce gently into each other like a pair of randy acrobats.



## WHEN YOUR AC IS BROKEN

If there's no AC, then the important thing is to figure out how to have sex without raising your body temperature. (It's the opposite of winter sex, where the goal is to use friction from your bodies as an additional heat source.) Grab an **ice cube** and use it to draw a path down your body to show him where you want him to put his mouth. Also a handy way to get rid of the ice-pop flavor that you like least (we're looking at you, grape).

## IN THE CAR

If you've seen literally any horror movie and "parking" somewhere remote still appeals to you, well congratulations on your nerves of steel. Just make sure to lay down something on the seat, because there's nothing worse than peeling your sweaty nude buttocks off oven-hot upholstery. Don't even think of running the AC, because your car battery will die and then the Zodiac killer will murder you.



Taking bush-as-camouflage a little too far



## IN THE WOODS

Having sex in the woods isn't rocket science. Deer can do it, and they're very stupid. Probably your biggest hazards here are campers and caretakers, who love rules and getting people who are more fun than they are in trouble. Just keep on as much clothing as possible, so you can pretend you were "only dry humping" if caught (and also to avoid ticks). Another reason to keep your clothes on: Beware of *lipa*, our local version of poison ivy, which can cause a burning and itching sensation on the skin.

## UP AGAINST A TREE

What better way to commune with nature? Try

### The Lumberjack:

Leaning against the tree and facing him, lift one leg and wrap it around his body while he holds on to the trunk for balance. Bonus: Your thighs will get as good a workout as if you'd actually finished that 5-K trail run.



## IN A TENT

Since you probably spent two to six hours erecting your tent and making tent-erecting jokes, avoid any position that involves too much flailing. Otherwise, you will become tangled in the tent and it will collapse on you, and you will remember that camping is horrible and the best place to have summertime sex is in a cloud-soft, ice-cream-parlor-chilly hotel bed. Try the trusty, compact spoon position.

## ON A SAILBOAT

Set a course for orgasm!

Board **The Pleasure Craft**: Have your first mate lie on his back, grab some rope, and tie his wrists to the life rail. Mutiny on the *Bounty*, baby—you've taken him prisoner at sea. Just remember, move with the motion of the boat to avoid seasickness and injury. (Also, maybe pop a some motion sickness meds before going at it on deck.)

"Look at me.  
Look at me, I'M THE  
CAPTAIN NOW!"



## ON A MOTORBOAT

Jeez, is this safe? You probably shouldn't have sex on a motorboat unless neither of you is driving it. However, if you're having sex on a motorboat and somebody else is driving, then you should probably get some help, because you are addicted to cocaine.

## IN A CANOE OR KAYAK

You know what?  
Cut your losses and  
don't have sex  
in a canoe or kayak.



## AT A MUSIC FESTIVAL

You should really be more concerned about who you're having sex with at a **music festival**. You don't want to end up on some stranger's Instagram with the caption "Gross hippie couple going at it." If you must, try to incorporate one of the musicians, so you can at least do it in a climate-controlled tour bus like a human being.

"DON'T STOP!  
Just watch out  
sack of bigas."



## AT A CROWDED HOUSE PARTY

It may take some ingenuity, but do find a room that does not have other people in it. This may mean a pantry, mop closet, or half-bath, which can limit your position options. **The Stop and Frisk** (you're bent over; he's behind you) is good for confined spaces. If you'd rather just put a sheet over your heads and pretend that your friends can't see and hear you, congratulations on being terrible—you don't deserve fun things like vacations and cupboard sex.

## ON A SWING

Sneaking into a playground at night is fun and sexy, until you remember, "Hey, this swing set is for children. I'm a disgusting creep. I should examine my life choices." That said, soaring through the air mid-coitus does sound pretty magical. See if you can't compromise by finding a porch swing that is securely affixed to a remote, sturdy farmhouse. Then, bone on it.



## ON THE ROOF

This is a great idea if you live in a high-rise or anywhere with a flat, level top. It's not so great if you have Spanish tile or live in a Swiss ski chalet. Roof sex may require a little advance reconnaissance, because you'll need to make sure you're not in a busy helicopter flight path or near a belching heat vent. Just bring up that yoga mat you never use (roof gravel = not sexy), and give those birds/neighbors with binoculars a show they won't forget.



"Way to bring the  
FOOT-LONG WIENER  
to this picnic."

## AFTER DAY-DRINKING

Summer means cookouts, and cookouts mean being uncomfortably full and sloshing with beer by 4 p.m. Is there anything better? Yes: buzzed, slightly barbecue-flavored sex. Try any position that's recommended for women in their third trimester of pregnancy, like **The Scissors:** Lie down in between his legs with your top leg over his hip, or lie on the front edge of the bed while he stands in front of you. Then? Look forward to a long, erotic, open-mouthed nap.



## ON THE BEACH

People kvetch about sand a lot, but if you have a towel or a blanket, it's just like doing it on nature's beanbag chair. The tough part here is picking the right spot: You want to secure a dry, private area away from people, surf, and protected sea-turtle-nesting areas. Seriously, if you killed a sea turtle by having sex on it, you would never forgive yourself. (And if you fall victim to the old sand-in-the-cracks predicament, a warm bath should do the trick.)

"Screw  
you, rest  
of this  
beach!  
We're  
humping  
in broad  
daylight."

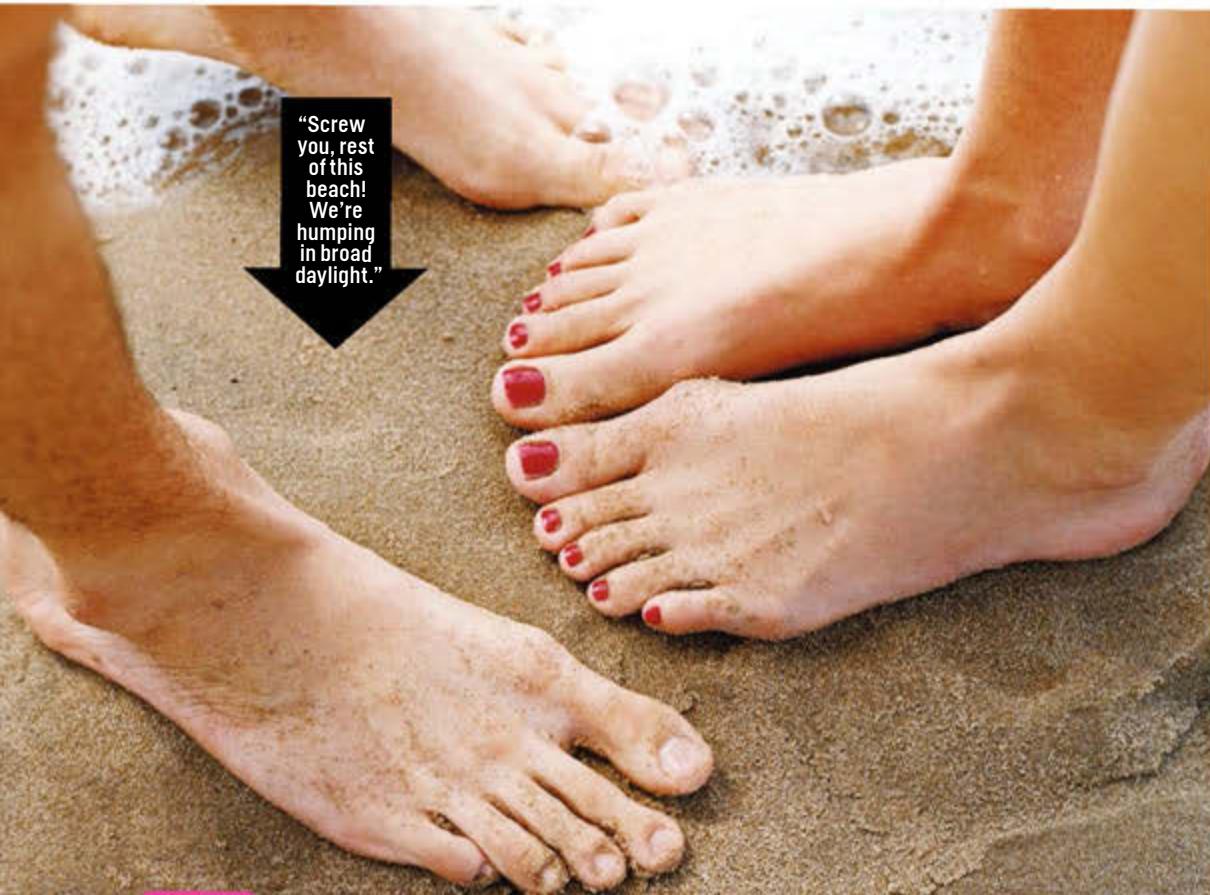
## AT AN AMUSEMENT PARK OR ON A ROLLER COASTER

I know, I know. We've all seen *Fear*. But it's probably not a great idea to do anything raunchy on a ride that involves speed or unpredictable motion, because people are going to lose actual teeth. The ideal place to get discreetly happy is probably more like a *Pirates of the Caribbean* ride, because it would be really awesome to be banned from Disneyland forever.



## WHILE SUNBURNT

Sure, **aloe** is a pretty decent natural lube, but you'll want to avoid any and all friction when your skin is on fire. Try that low-impact version of 69 where you're both on your sides, or just ask your partner to give you oral while you lie back and enjoy a refreshing ice pop. You're injured, after all.



## AT A STADIUM

This is probably not a place for full-on lovemaking, because there are children everywhere and the bathrooms are dystopian hellscapes. You should only ever attempt this during a lengthy rain delay, because that's when all the lame people leave.

Head for the nosebleeds, and do some crazy under-the-ponchos stuff. Just don't end up on the Jumbotron, immortalized as the gyrating-poncho blob.



# The "I LOVE YOU" BREAK DOWN

When you start falling for a guy, there are no scarier words than "I love you." If it slips out, don't freak. Here's how to handle the sticky situation.



For Antonia, it felt like the time was right. She and her boyfriend of one year had just made love and were having dinner while enjoying a romantic comedy when it just came out. "I love you," she said, looking into his eyes expectantly. His response? He smiled, stroked her hair a bit, then turned his attention back to the movie. Talk about awkward. "Immediately, I thought, 'Oh God, what did I do?' I was so embarrassed," shares the 25-year-old social media manager.

## He Loves You Not?

It's a familiar story. You are falling hard for a guy, but when you work up the nerve to say the words, they are met with silence. It's normal to feel horrified or even angry, but don't automatically jump to a negative conclusion. "You do yourself an injustice and risk damaging an otherwise successful romance," warns Dr. Ellen Kenner, a clinical psychologist and host of the radio talk show *The Rational Basis of Happiness*. "You might hear yourself thinking: He doesn't love me. He's just using me. I'm wasting my time with him! Not again! Why do I always make a fool of myself? Maybe I'm just not lovable. There must be something wrong with me. Maybe he's cheating on me!"

Instead, take a deep breath and consider how this one moment—his not returning your "I love you"—relates to the rest of your relationship. Maybe he was caught off-guard or doesn't want you to think he said it just because you did. In that seemingly dreadful moment of silence, it's much more important to ask yourself, "Does he act lovingly toward me? Does he cherish me?" explains Dr. Kenner, author of *The Selfish Path to Romance: How to Love with Passion and Reason*. "Does he want to spend a reasonable amount of time with me? What do his body language, tone of voice, choices, and actions over time tell me?" Those signs are much more significant than whether he says it back to you.

## Take It as a Sign

If it turns out he doesn't feel the same way and you've hit a turning point—how

lucky! Count your blessings that you now know the truth. That weird moment for Antonia was when she realized her relationship meant one thing to her and something else to her boyf. Four months later, they broke up. "Thank goodness you know now, and you're free to move on to find the man who truly loves, honors, and cherishes you," says relationship expert Joanna Kennedy. You'll be hurt, but don't close yourself off from feeling love in the future. "Remember the old saying, 'It's better to have loved and lost than never to have loved at all.'"

## You Don't Feel the Same

Sometimes we're the ones surprised to find ourselves on the receiving end of the L word. Twenty-five-year-old Tanya was shocked when her man blurted it out after a month. "I said, 'Are you sure? Are you positive?'" she recalls. It's not that she didn't have strong feelings—she just wanted to take things slow. Instead, the public relations executive hoped her loving actions would speak louder than her words (or lack thereof). That's a smart move, says Kennedy, creator of the advice site HappinessLoveandPleasure.com. "If you're into him but not sure if you love him yet, smile and share what you admire and respect about him, and let him know your heart is still finding its way in all of this," she says. "But if you know he's not The One, be truthful so he can move on. Just as we'd want a man to be honest with us and not lead us on if he's not really into us, we need to do the same for him."

# Saying the L Word

### When It's Too Soon

In general, you can't say it too soon. "There are no rules in love," says Kennedy. Yet, she cautions that saying "I love you" early is a problem when you confuse infatuation and lust with *amor*, or want someone to fill a void. "Our heart wants to be there, so we say it," she says. "If we're really honest with ourselves, we don't feel genuine deep love."

### When It Takes Too Long

If one of you has let it loose and the other hasn't, you might have different expectations. "Have an honest conversation about why you're both in the relationship," says Kennedy. Or it may be old relationship scars causing the delay. She explains that "past relationships can create serious roadblocks to having a healthy, happy relationship now."

# 5 REASONS YOUR LAST BREAKUP WAS AWESOME

1. **EVERYONE** is enveloping you in a cocoon of love. Your BFF even baked you a red velvet cake iced with the words: *I hate Chad*.

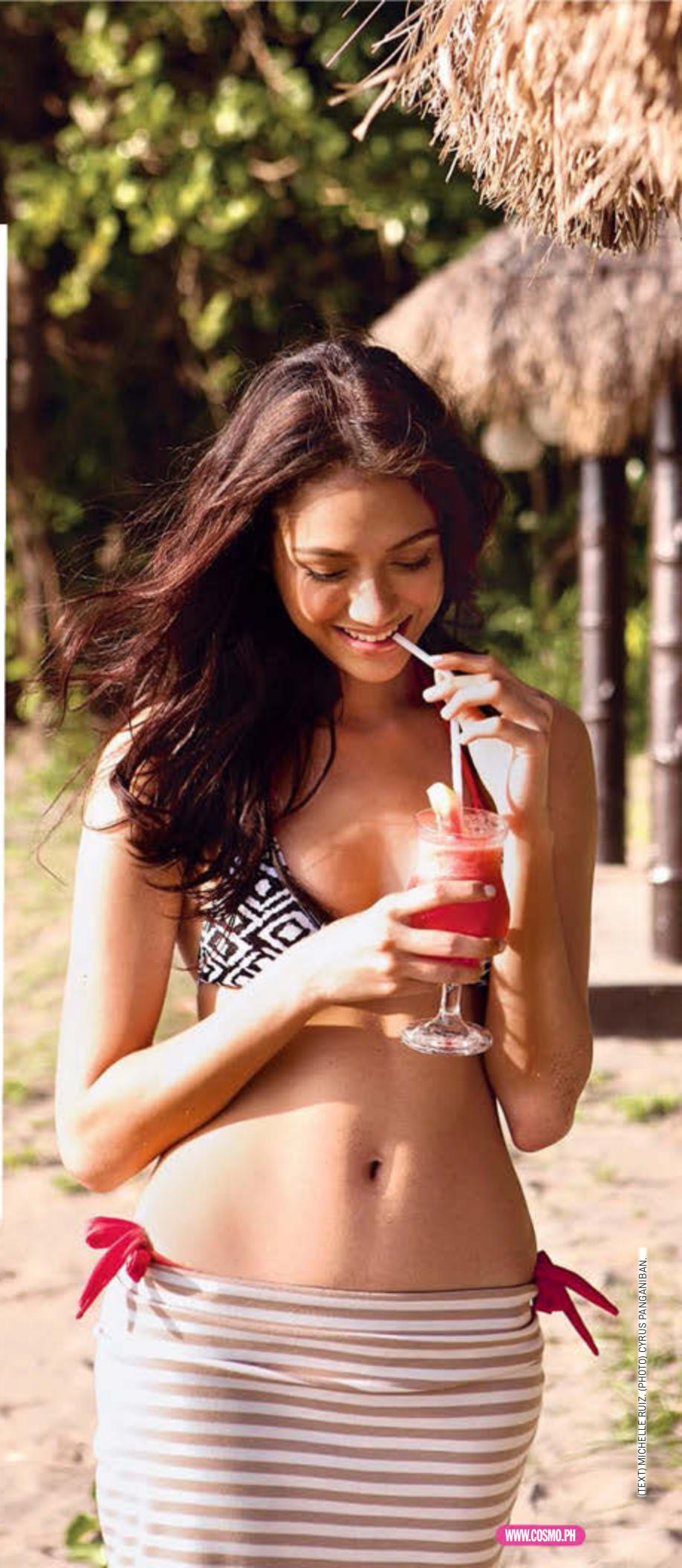
2. **YOUR EPIC** breakup-themed workout mix is making you super buff. So what if you're jogging down the street punching the air? It's so much cheaper than therapy.

3. **NO TIME** like the present to stream old eps of *My So-Called Life* and fantasize about 1995 Jared Leto. You're single and free to fall in love and braid each other's hair for eternity.

4. **ONE WORD:** Tinder. You're three swipes away from a hot rebound hookup—and it could totally happen tonight!

5. **NOW** you can get those leopard-print pillows he thought were too girly. Because the only person you have to consult with before doing whatever you want is...you.

Cheers  
to the  
single  
life!





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Your Guide to the Male Brain

# manthropo



## INTERIOR MAN-OLOGUES

### Guys Sitting on Couches at Home Decor Stores

Ever wonder what guys are thinking about as they play with their iPhones on the patented Bored Boyfriend Sofa? We hit the mall to find out.

# logy

## MAN WITH NO PLAN

## Why Don't Men... Acknowledge Calendars?

Writer **Nate Hopper** explains why guys forget every single holiday.

Instead of the calendar, we go on animal instinct. We know Valentine's Day is coming because it's so chilly that we're willing to pretend to like red wine at dinner. We also rely on reminders: We learn it's almost Father's Day because our mothers tell us. Facebook alerts us to your birthday. When stores start stocking sexy nurse costumes, it's Halloween. Frankly, if a guy whipped out a leather-bound datebook and scribbled your birthday date, wouldn't you think, *Who the hell has a datebook other than grandpas and international spies?* And if he actually was a spy, he stupidly blew his cover in front of you, and you shouldn't be attracted to such a shitty spy.

# ninety-one

## PERCENT OF MEN ARE

COMFORTABLE BEING ASKED OUT BY WOMEN. SO YOU DON'T EVEN NEED TO CHUG A BRAVERY MARGARITA!

SOURCE: MATCH.COM 2012 SURVEY

(WORDS) MICHELLE RUIZ, ANNA BRESLAW, MICH LAGAMEDO, MARISSA GAINSBOURG.

## HIGH (IN)FIDELITY

### The Cheat-O-Meter

So, he's being sketchy. Here's how to make sure his behavior is really worth that crazy *Homeland* investigation wall in your apartment.



**HE:** Checked out a boobs-having person who's not you.  
**Your response:** Eh, whatever. Can we get some cheese fries?



**HE:** Hearted a poolside-duckface bikini shot of his ex on Instagram.  
**Your response:** Eyebrow raise.



**HE:** Went to her party to "visit her dog."  
**Your response:** Hit up Facebook to confirm that said dog is irresistibly adorable. If so, let it slide.



**HE:** Goes to a bar with just her without telling you.  
**Your response:** Serious convo.



**HE:** Acts confused about the baby shower gifts showing up at his house.  
**Your response:** Kick "Dad" to the curb!

## 50 Shades of (Sasha) Grey

REAL GUYS SHARE THEIR DEEPEST, DARKEST FANTASIES, FROM THE UNDERSTANDABLE TO THE "UM, WHAT?!"



I wish the female characters of Tekken would come alive so I could bone them. Particularly Christie. What a grade-A babe.

—Mickie, 29

Scoring with some random hot girl right there on the court after I win the championship for my team, #Winning in more ways than one!

—Kris, 22

Getting lost in a crowd of hot naked Korean chicks who all want to help me, um, find my way home?

—Jerome, 25

My girlfriend and her twin sister. I don't even mind not joining in, just give me some popcorn!

—Ronald, 30

My very own pleasure/ pain palace but with Sasha Grey (not Christian, duh!)

—Glenn, 27



“What’s your number?”

When you ask us this, you could either be a) asking for our number, or b) asking for our *number*. If we’ve been dating for any amount of time, most likely, you’re talking about Option B. See, *number* in italics refers to how many women we’ve slept with—a tricky question that immediately gives us pause.

Do we a) boost our number by one or two so as not to look like a complete dork, or b) decrease our number by one or two so as not to look like a complete manwhore? We kinda want that middle ground between Lothario and loser, without going overboard with the lying. But if lie we must, then so be it.

What if the tables were turned? Would we appreciate being white-lied to if we asked for your number? Honestly, we wouldn’t mind. Here are four other instances when white lies are appreciated, thank you very much.

**“My number is 09-something-something-715.”**

**THE ACTUAL TRUTH:** “I don’t want to give you my number, so please go away.”

So we come up to you at a bar, not coming off as a douche, begging for your digits. (Yeah, that’s “number” without italics.) We seem nice, but you’re not really feeling like getting awkward texts from us. Still, you don’t



“Um, yes! I totally think your shirt is awesome.”

## HIS POINT OF VIEW WHEN YOU'RE BETTER OFF LYING TO US

We tell you things would be less complicated if you told us stuff straight. (Really, what do “fine” and “okay” mean?) But we only *think* we want this.

Sometimes, we can’t handle the truth.

want to let us down too hard, so you switch out the last three digits, so we end up messaging some dude in Caloocan instead, who texts back, “Cno 2?” Which is when we realize we’ve just been white-lied to, and this makes us slightly angry. But considering the honest alternative, it could have gone over so much worse.

**“Oh, that gift? It was on sale.”**

**THE ACTUAL TRUTH:** “Can you pick up the tab on our next date? *Petsa de peligro na eh.*”

When it comes to money, a little fib can go a long way. Making up insta-reductions from the price tags of his birthday treats or your monthly haircuts will do a ton to alleviate the financial insecurity that inevitably accompanies a relationship. We love that you spend for

us or for yourself—but not too much, you know. Slapping a “white-lie discount” here and there, however, means safely splurging without the S.O. anxiety.

**“Your tito is okay! He's funny naman.”**

**THE ACTUAL TRUTH:** “Wow, he’s a total nutcase. And I caught him staring at my boobs.”

Family can be a touchy subject. You can’t pick your relatives, as you say, and launching into a full-on critique of our genetic cribmates probably won’t go down so well. When we ask you how your meet-up with our extended family went, go gentle at the beginning. That will help soften the blow for when you admit that, God, we have the creepiest, dodgiest set of *titos* and *titas* ever, and can we just meet them once a year or something?

**“My God, I had the best O ever.”**

**THE ACTUAL TRUTH:** “Dude, you really don’t have a clue about what you’re doing, right?” You actually just faked it, as we licked and munched and slobbered futilely down there in Australia. Of course, your attempt to save our sexual self-esteem won’t make sex any better for you next time, so follow up the morning after with another white lie. “You know what I really loved that you did last night? It was when you...” Then tell us exactly how you want us to do it for our next round of nasty.



## FOR YOUR GUY HOW NOT TO DEAL WITH OUR MELTDOWNS

When we rant about our *looong* commute or go on a tirade over the fire engine-red zit that erupted out of nowhere, all we really want is to vent unabashedly. And a hug.

We take pride in being independent, finding our own way, and dealing with one obstacle after another—but alas, even Wonder Women can crack under pressure and break down under the weight of a problem. So when we come to you to talk about our pains, most of the time, all

we really want is to unload and get some form of reassurance that everything will be okay. The last thing we want? Having to deal with these:

### **"I CAN FIX THIS. I WILL FIX THIS."**

While you're at it, maybe you can also fix global

warming, widespread poverty, and the lack of Netflix in the country? We appreciate how you try to take on the responsibility of repairing every problem we throw at you. It's super sweet. But sometimes, as screwed up as it sounds, we're not after a solution. Sometimes, all we really want is to vent.

### **ARE YOU PLAYING DEVIL'S ADVOCATE AGAIN?**

The last thing a woman deep in the throes of wallowing wants is the other point of view. Don't argue with us for the sake of pragmatically giving another perspective. That other perspective can go take a selfie, post it on every single social network, and we still won't give a damn. When we come to you for our problems, we want you to understand, make the proper empathizing noises, and perhaps give us a peck on the cheek. We want to know you're on our side.

### **"THAT'S NOTHING. I/THE WORLD/ MY FRIEND WITH CANCER HAS BIGGER PROBLEMS THAN YOURS."**

We apologize if our issues aren't a matter of life and death. Maybe complaining about our demanding boss is petty and selfish when some people don't even have jobs. And maybe your day was a lot more stressful than ours. And maybe we're just overreacting. Then again,

maybe you also need to realize that a supportive relationship considers all forms of crises, big or small, petty or serious.

### **"HALA! PAANO NA 'YAN? ANONG GAGAWIN MO?"**

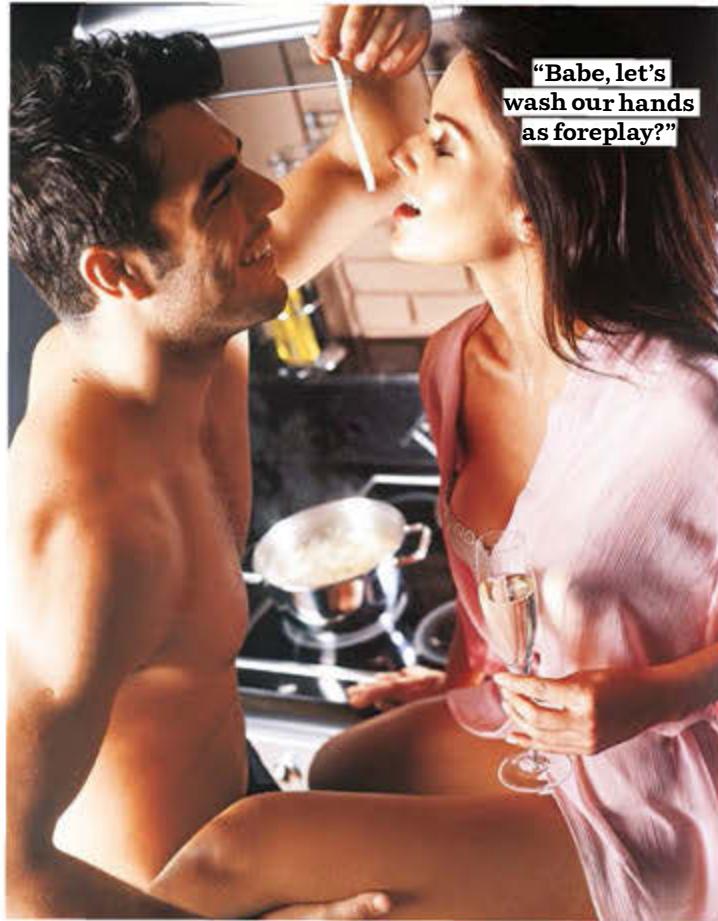
Don't you hate it when someone counters your question with another question? In the same way, women hate it when their partners respond to a stressful situation by creating another stressful situation. How about we quit with the extra drama, sit down, chill, and figure out how to go about things—together?

### **NOTHING. ABSOLUTELY NOTHING.**

We realize some men approach their own problems by shutting up and retreating. We also realize that you probably don't know what to do, and that as much as you want to help, the difference in our emotional DNA and your instinctive inclination for self-preservation prevents you from doing anything. Our crying probably unnerves you, too. The problem is, we only realize these afterwards, when we're in a calmer state of mind and not bawling our eyes out. Until then, any form of reticence will be taken as indifference. Please don't just sit there expecting us to take everything in stride. Give us a comforting hug. Even a pat on the shoulder will do.

# ASK HIM ANYTHING

ADVICE FROM  
COSMO'S VERY OWN  
GUY GURU



**Q: Things trailed off with this guy, but I notice he still views my Snapchat stories and Likes my Instagrams. Is he trying to send me a secret message?**

**A** If so, he's an idiot. There are a lot of easier ways to tell you he's interested: a text, a call; a singing, naked telegram of "Anaconda." The truth is that just because he hearts your Instagram photo doesn't mean that he hearts you. If this dude is still interested, only Liking your posts rather than actually getting in touch means that he only kinda likes you. At a bare minimum, what separates man from the animals is opposable thumbs and language. A guy who just thumbs at the Like button is still an ape. At the very least, you deserve a guy who's evolved enough to type "Wassup?" and hit Send.

**Q My boyfriend gets really jealous when I spend time with my gay BFF. I think he wants to be the only man in my life. How can I get him to lay off?**

**A** Don't say, "Would you rather I hang out with a hot lesbian?" Taunting him with some flirtatious threat that would only distract from what matters: his control-freaky (and possibly homophobic?) reaction to a friendship that means a lot to you. You should be able to hang out with whomever you choose, as much as you want—as long as you're not making eyes or making out. Remind your guy of all the things you do only with him...and tell him to please get over it.

**Q I'm a clean freak. I want my hookup to wash his hands before fingering me. Can I just say that without sounding psycho?**

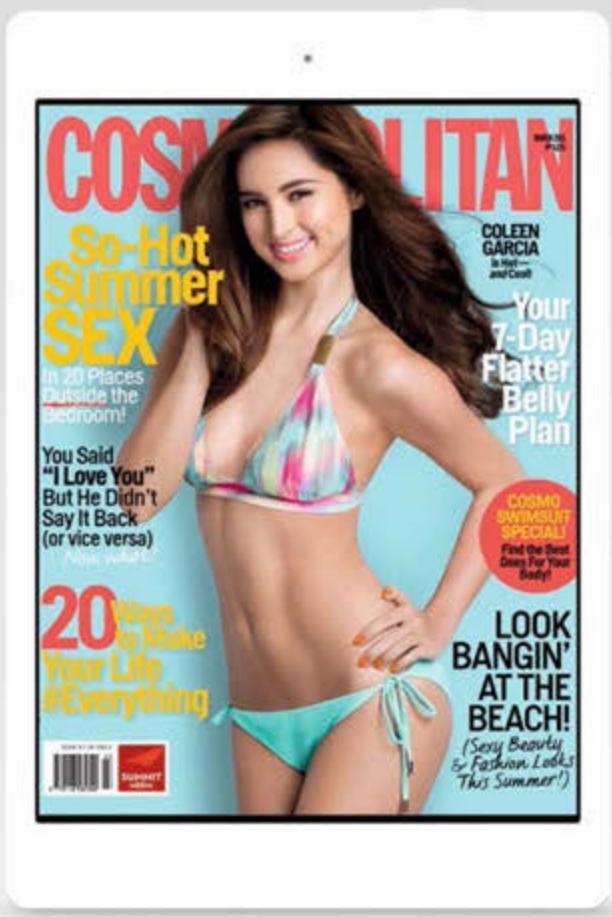
**A** Yes. It would be weirder not to say something and then freak out when he touches you. Don't launch into a lengthy, self-deprecating explanation. The next night he takes you home after devouring a plate of buffalo wings, say: "Hey, can you wash your hands while I take off all these clothes? It's just more fun for me if you do."

# NEVER HIDE



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Fun & Fearless

# get INSPIRED to...

WOMEN'S MONTH SPECIAL

Twenty amazing ideas to spark your creativity, up your mojo, and make things happen.



## Succeed

**"I'm constantly trying to expose myself to new things, because I'm always working in my head."**

The cool thing about inspiration is that you can't just say, 'This is what I'm going to be inspired by today.' Instead, it's about alerting your senses and seeing what sticks. I do things that please my eyeballs by looking at beautiful things, like the produce at a farmers' market. I find value in messy, loud social-media sources, like Instagram, as well as from reading more serious business magazines."



get  
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to...

# Thrive

They started out as styling interns, worked their way up to becoming assistants, then became full-fledged stylists in four years, dressing up the biggest celebs and top models. Want to make it out alive in a fickle industry? Here's how to avoid getting the boot.

**"Start from the bottom. I tell our interns and assistants that we've never asked them to do anything we haven't done before.** We drive for hours to get the perfect dress and work on shoots that last 24 hours! We give up birthday dinners and parties because of work. You must be willing to sacrifice and devote all your time to this job."

- CATH

**"Be 100 percent committed.** People think styling is all glam and fun, and that all we do is shop—but there's so much more to it than the actual styling. There are preps, meetings, and long hours of shooting, and you constantly have to lug around heavy suitcases of clothes, shoes, and accessories."

- MAITA

**"BE PASSIONATE ABOUT WHAT YOU DO. WORK WON'T FEEL LIKE WORK WHEN YOU LOVE AND ENJOY IT."**



## GET SH\*T DONE

**JANE ESPENSON** Consulting producer and writer, ABC's *Once Upon a Time*



**"I like working intensely for short periods.** Whenever I really have to stop procrastinating and be productive, I tweet (@JaneEspenson) that I'm doing a 'writing sprint,' and invite everyone to join me by working on whatever they have to do. People are always like 'I'm in, I'm in!' The sense of community and obligation that engenders is empowering! You'll be amazed what you can accomplish."

get  
inspired  
to...

# THINK BIG

**BIANCA MORAN** Founder and owner, Susi; vegan advocate**"Susi is a completely gluten-free and vegan restaurant.**

I wanted to open in Hong Kong or Singapore first, but the Philippines is the toughest market and if I'm going to make mistakes, it should be here. It's dire here, because there's a lack of options. There is *no* reason to have shitty vegetarian or vegan food—it can be really good! There's so much room for creativity in a plant-based diet, because there are thousands of plant species. And I know it's not realistic to assume people will want to go vegan because there's one vegan restaurant, so we're selling frozen sausages that are gluten-free and vegan, and gluten-free flour and mixes. I want people to make their own stuff at home, too."



**"WE PRACTICE THREE TO FIVE HOURS EVERY DAY AS A GROUP, EXCEPT ON SUNDAYS. ON TOP OF THAT, WE PRACTICE TWO TO THREE HOURS INDIVIDUALLY, DAILY." - IQUI**

**JENNY DE VERA,  
IQUI VINCULADO,  
AND MARGA ABEJO**

Members of Triple Fret, an award-winning, all-Filipina classical guitar trio



**"IT'S DIFFICULT TO BE A CLASSICAL MUSICIAN IN THE PHILIPPINES, BECAUSE NOT EVERYONE IS EXPOSED TO CLASSICAL MUSIC. YOU CAN'T JUST SIT AND WAIT FOR PEOPLE TO INVITE YOU TO PLAY. YOU ALWAYS HAVE TO CREATE OPPORTUNITIES FOR YOURSELF." - JENNY**

# Dream

They were told that the guitar was an instrument for men. They replied by launching their CD #GitaraFilipina in a sold-out concert at Ayala Museum, going on a two-month tour in Europe, winning first place at an international guitar competition in Malaysia, becoming ambassadors for a Spanish-crafted guitar brand, and signing on with PolyEast Records. Girls on guitars: Why the hell not?

**"It's rare to find women in classical guitar.** Before, I had issues about not being taken seriously because we were girls. It was like, 'Ah, marami lang silang following kasi babae sila at hindi naman masama tingnan.' Now, no one can say anything to make us doubt ourselves. We know how hard we work, and we want to get more girls to play the guitar by showing them we can do it, too." - **MARGA**

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inspired  
to...

ANNA MANALASTAS

Yoga teacher, Beyond Yoga

# Get Fit

**"IF YOU AREN'T DOING ANYTHING AT ALL BUT WANT TO BECOME ACTIVE—EXPLORE. EXPLORE A LOT, EXPLORE ANYTHING. IT DOESN'T MATTER IF YOU HAVE NO COORDINATION OR IF YOU AREN'T STRONG. TRY SOMETHING ONCE. NO ONE'S GOING TO LAUGH AT YOU BECAUSE YOU'RE A FIRST-TIMER, NO ONE'S GOING TO JUDGE YOU."**

**"Being active isn't about having all the muscle or posing for photos and taking selfies.**

Those are byproducts of an active lifestyle, but it's never a good thing if that's the only thing you're looking for. An active lifestyle helps opens up the mind. Plus, when you move the body, you make it work the way it's meant to work, because your body is meant to move."

**POWER-UP-YOUR-DAY YOGA** Strengthening, energizing, and mind-clearing. This five-step routine is a do-anywhere, full-body workout that zones in extra on the core, arms, and buttocks. Do two rounds (one for each side) in the a.m., staying in each position for 10 to 15 seconds.



**PLANK** Get in plank position. Set your hands shoulder-width apart, straighten your legs, lift your thighs, and square your hips. Keep your head, neck, and back in a neutral position. Planks strengthen your arms, core, and thighs.



**DOWNTURN FACING DOG** Lift your hips up to the sky from plank position and come into downward facing dog. Spread your weight evenly between your hands and feet, and keep your shoulders down. This move stretches your back and hamstrings, and strengthens your arms again.



**LUNGE** Step your right foot forward and come into a lunge. Keep your right knee above your right ankle, with your right thigh parallel to the floor. Straighten your left leg and lift both hands up. Lunges strengthen your thighs, tone your buttocks, and challenge your balance.



**SIDE BEND** Stay in a lunge, hands lifted up. Wrap your right hand around your left wrist. Lengthen your torso, then stretch out to the right. Breathe and feel the release on your left side. Side bends are a great stretch—they wake up the entire body.



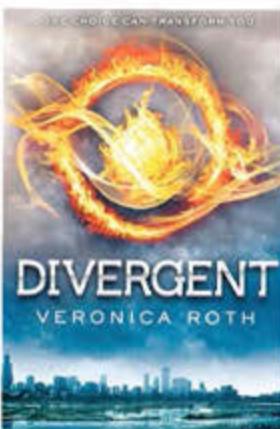
**TWIST** Sit on the floor or mat, ankles crossed. Proceed to cross your right foot over your left knee. Hook your left elbow against your right knee, and then twist your upper body to the right. Twists are detoxifying and help you de-bloat.

(PHOTOGRAPH BY XPEREZ, (MAKEUP AND HAIR) CATS DEL ROSARIO OF EAST JED ROOT FOR SHU UEMURA, JART DIRECTION BY ANA MARELO, STYLING EDITOR LARSA JUJUN, SHOT ON LOCATION AT BEYOND YOGA; 3/F BONIFACIO HIGH STREET, CENTRAL, BONIFACIO GLOBAL CITY, TAGUIG; ANNA LUNG, ANNA LUNG PURSUIT OF YOGA; ANDA SLOW, SLOW BRA (TOP PHOTO), TONIC VINE SPORTS AND A TONIC BASE BRA (BOTTOM PHOTOS), ALL FROM AURA ATHLETICA.)

get  
inspired  
to...

## GROW

VERONICA ROTH  
Author, *Divergent* series



**"You don't get better without criticism.** As a writer, I need honest feedback about my work to make my writing better. I learned that in college. One of my professors kept pushing me to write more honestly, and the voice of Tris [the heroine of Roth's blockbuster *Divergent* trilogy] really developed as a reaction to that. I still work with critique partners, and that's only valuable if you don't get defensive. Part of being a professional is about getting over it, meaning you have to separate yourself from your work and realize that if someone is criticizing your writing, they're not criticizing you. I am a bigger, more complicated person than any book. Every human being is a crazy festival of thoughts. You have to have a life outside your work."



**"THE INSPIRATION BEHIND THIS DRESS FROM MY S/S 2015 COLLECTION? WELL, I JUST CAN'T STOP IT WITH THE RIBBONS!"**

VANIA ROMOFF  
FASHION DESIGNER

# Create

**"The woman I design for is a woman of the world.** She is confident, open-minded, and feminine without the frou-frou. She is practical, but still unafraid to indulge in good things."

**"The polka-dot dress** is my tribute to one of my design icons, the late Oscar de la Renta."

**"This sweater cropped top** (right) is a preppy version of my favorite off-shoulder design."

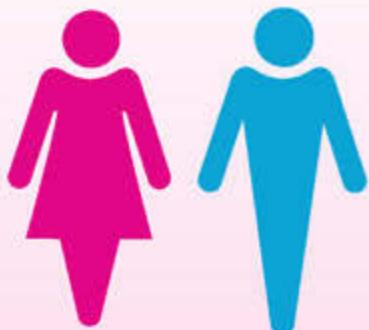
**"Music always,** always sets the mood for my new collections. It's a must when I design."

**"Something I ask myself** during the design process: 'Would I actually wear this?'"

# WHAT'S IT LIKE

In 2014, the Philippines ranked 9th in the Global Gender Gap Report, meaning that when it comes to gender equality in the areas of health, education, economy, and politics, we are doing better than women in 133 other countries. How this translates in the local setting? You'll find that there's still a lot of progress to be made.

## 1. More of you have finished college compared to men.\*



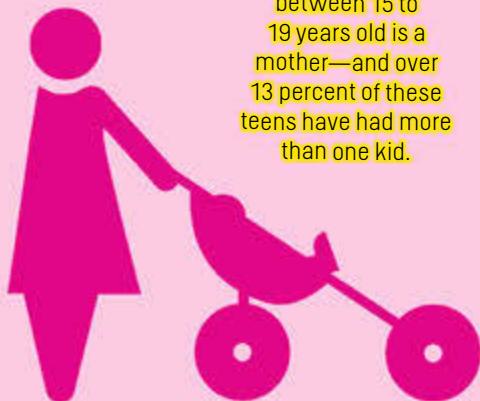
4.9 million  
Filipino women  
graduated from  
college in 2013

3.4 million  
Filipino men  
graduated from  
college in 2013

That means that for every 10 college students, there are roughly 4 male and 6 female grads.

\*This has been the case since 2009.

## 3. Teenage pregnancy is much more common than you think.



1 in 10 Pinays  
between 15 to  
19 years old is a  
mother—and over  
13 percent of these  
teens have had more  
than one kid.

## 2. There are more men in the workforce, but education is your edge.



In 2013, women made up **37.5 percent** of wage earners in the country. **33 percent** of these women were **college graduates**. Though men make up the majority, only **14.7 percent** of them earned a college diploma.



## 4. Having a college degree doesn't mean you'll end up in the labor pool.

In 2013, **1.3 million** women with a diploma were either unemployed or decided to stay at home.



## 5. Violence against women is still prevalent.

**20  
PERCENT**

**7  
PERCENT**

of Filipino women have been physically abused since adolescence.

have experienced physical, sexual, emotional, and other forms of violence in the 2013 alone.

# BEING A WOMAN IN THE PHILIPPINES?

**6. If you've never had sex before, don't let anyone pressure you in to doing it.**

Take it from your sisters: At least **1 in 25 women between the ages of 15 and 49** experienced sex for the first time as a forced sexual encounter.



**7. And when you do, know that you absolutely have the choice to use contraception—despite what your partner or society says.**



According to the UNDP (United Nations Development Programme), the decision to seek basic health services for family planning is "often determined by gender norms in the family and community, as well as cultural and religious beliefs and practices."

Roughly half of married women do not practice reproductive health methods.\*

\*Based on a UNDP Millennium Development Goals for 2015 report.



women die daily from childbirth complications and poor sanitation services

**10. We have considerable power in government to improve the Pinay's health and security.**

Women hold **42 percent** of all Career Executive Service (CES) positions, the third highest post in government service. In fact, women compose almost **59 percent** of all government employees. This public representation is a major boon, and it should push us to demand for more resources and opportunities that better the Pinay's welfare.



SOURCES: **1** 2014 GENDER STATISTICS ON LABOR AND EMPLOYMENT, PUBLISHED BY THE PHILIPPINE STATISTICS AUTHORITY **2** 2013 LABOR FORCE SURVEY **3** 2014 GENDER STATISTICS ON LABOR AND EMPLOYMENT **4** 2013 YOUNG ADULT FERTILITY AND SEXUALITY STUDY **5** 2008 NATIONAL DEMOGRAPHIC AND HEALTH SURVEY **6** 2008 NATIONAL DEMOGRAPHIC AND HEALTH SURVEY **7** 2014 FACT SHEET ON WOMEN AND MEN IN THE PHILIPPINES BY THE NATIONAL STATISTICAL COORDINATION BOARD AND THE UNITED NATIONS DEVELOPMENT PROGRAM **8** PHILIPPINES: HEALTH AND NUTRITION ISSUES, THE UNITED NATIONS CHILDREN'S FUND (2008) **9** AND **10** THE PHILIPPINE COMMISSION ON WOMEN (2014)

## COSMO CASH

# MONEY CONFESSIONS

The truth will set you (financially) free.

**"I live lavishly, but it's all a big show—I'm completely in debt."**

—Hazel B., 28

If you feel like credit is financing your happiness, remember this: Research shows debt is the *number one* factor in not reaching your big life goals—think starting a family, retiring comfortably. Cutting back will feel less painful if you dream about (and plan for) those goals now. Take a deep breath, and write down everything you owe. You have to know the scary number to create a plan for paying it off. Then find ways to see your friends that don't involve emptying your wallet: KKB, anyone?

**"I'm the friend who always borrows money and never pays it back."**

—Erin B., 24

This is bad for both of you: When your friend lends money but doesn't get it back, it creates a power shift, and you may start to feel her judge your spending decisions. Agree on a repayment plan the second you borrow. Try, "I need ₱2,500 for car repair, but will return it when I get my *sueldo* on the 15th." If you borrowed forever ago, and feel embarrassed facing your friend, use a money transfer service.

**"I have a bad habit of paying my bills late."** —Jamie R., 25

Everything in the digital age has an automated alternative. If you're Ms. Forgetful or too swamped to pay up on time, enroll the bills to your bank and have them debit your account automatically, says Jesi Bondoc, registered financial planner and director of My Wealth M.D. and Partners Inc. But if you can't make payments because you're constantly low on funds, "Stop buying things on

**MY HEART SANK AS I OPENED YET ANOTHER BILL...**



credit that are beyond your pay grade." Spend only on things you know you can pay in full when your bill arrives.

**"I still live paycheck to paycheck."**

—Em C., 27

The problem with having next-to-no savings? You leave yourself vulnerable to unexpected expenses and emergencies. Plus, you surrender to the (sad) idea of having to work forever. Break out of your *sueldo*-dependent attitude by maintaining and monitoring a personal budget, says registered financial planner Evangeline Reyes-Mercado. "Take note of your income, detail all your expenses, and then get the difference per month. If [the difference] comes out negative nearly every month, that means you're spending more than you can afford." Next: Review where you spend your money on, and cut down on your expenses.

**"I only save after I've spent."**

—Hannah F., 23

It's  $\text{income} - \text{savings} = \text{expenses}$ , not

$\text{income} - \text{expenses} = \text{savings}$ . Bondoc suggests automatically devoting 5 percent of your income to your savings, and then increasing the amount as you go along to 10, even 20 percent. "The key here is consistency," he says.

**"I've never donated a centavo to charity. I'm broke, but I still feel so guilty about it."** —Jessa H., 25

Giving back isn't just for the super rich. What you spend money on reflects your values, so if you care about certain causes, shuffle around whatever funds you have to support them. Donating 2 percent of your salary each year is a great goal. Build into your budget by having a small portion of each paycheck directly deposited into a sub-account at your bank. Or set up a monthly direct deposit to the group of your choice—many accept ongoing monthly donations. If you can't spare a cent, you could even ask your friends and family to donate to your favorite cause as a birthday gift.

YOUR CAREER  
GET-AHEAD GUIDE

# WHEN YOUR BOSS HATES YOU

What do you do if you suspect the boss is just not that into you? Read our survival guide.

I worked at a magazine (*not Cosmo!*), and something was always wrong—with me. My hobbies were odd (hot yoga). I was too quiet in meetings (I think before I speak). I didn't gossip enough (what?!). I became so beaten down with negative boss feedback and paranoia that my work slipped... which made things worse. Clashing with a supervisor is a top reason for quitting a job, says career coach Jenny Blake, author of *Life After College*. Not surprising when bosses control your paycheck, promotions, and vacation days—and you spend most waking hours together. So how can you smooth over friction? And when is it time to bail?

## STEP 1 DEEP BREATHS, IT MAY NOT BE YOU

Maybe he's brief on e-mails or she sighs on calls, but don't jump to conclusions. Your boss might be standoffish, chronically stressed, moody, going through something, or a jerk. "We can never truly know what someone is thinking," says Blake. Hold off on the death spiral of doubt and anxiety.

## STEP 2 MIMIC YOUR BOSS'S VIBE

Be yourself, but follow your boss's lead, says Alexandra Levit, author of *Blind Spots*. He's chatty? Drop by to discuss a project in person rather than e-mailing him or initiate conversations with coworkers to show you're a team player. She's all business, all the time? Cool it on the chattiness or you may come off as unproductive.

## STEP 3 SET UP A MEETING

Still getting dagger eyes? You may have done some-

thing wrong but don't know it. Schedule a meeting with your boss and ask a specific question, like this: "I got the feeling you were frustrated when I gave my update in yesterday's meeting, and I didn't know if it was directed toward me." Tell him you're open to feedback, then listen calmly. Say, "How can I make this better?" Then do it.

## STEP 4 TALK TO HR

If that doesn't resolve the problem, ask HR about a lateral move. HR may be loyal to senior management, cautions Levit, so choose your words carefully. If you're being physically or sexually harassed, report it—HR is obligated to help you. If you're being verbally abused or bullied, your legal protections are weaker. Give HR a chance to help, but expect that you might have to find a job outside the company.

## STEP 5 CONSIDER YOUR EXIT STRATEGY

"If you've been unhappy for

She just  
said her cat  
is smarter  
than I am.



more than six months—and tried to improve the situation—it may be time to go," says Blake. Just don't complain about your past job to a hiring manager. Stay positive and focus on the great work you've done. If you're asked to name a reference, choose another manager you click with or a mentor from a past job.

## STEP 6 STAY STRONG WHILE YOU'RE THERE

If the thought of facing your boss on Monday (or any day) freaks you out, set up energizing workday plans, like lunch with coworkers or a mentor who inspires you. Each week, make one change that gets you closer to your next job (like revamping your résumé) to build momentum.

## STEP 7 NOW, LEAVE ON A HIGH NOTE

Don't give your boss the metaphorical middle finger as you blaze out of the office en route to your new gig. Take the high road and tell Cruella deBoss you "found a position that better matches my skill set." That's what I told my boss four years ago, when I resigned, and I'm proud of myself for keeping my cool and acting professionally despite the toxic work conditions. I'm a full-time freelance writer now. Clients praise me for my hard-working attitude, I decide who I enjoy working with and nurture those relationships, and my new boss (me!) always approves my vacation days. ■

# KILL THE NEGATRON!

What makes a fun night out descend into a competitive, self-shaming festival of woe? Life coach and motivational speaker **Gabrielle Bernstein**, author of *Miracles Now*, helps you break the cycle.

**You're finishing off a crazy-good cupcake with your three BFFs**—one dessert, three forks—when it happens again: “God, I can't believe I ate so much. I feel so fat.” No matter who says it first or how much fun you've been having, it's almost inevitable that someone else will chime in: “I haven't been to the gym all week! My thighs are rubbing together.” Everyone groans in sympathy and you're off, recounting diet sins and self-deprecating stories, each upping the ante until the sweetness of the evening (never mind the chocolate) fades, and you all end up going home feeling as if Girls' Night Out was kind of a bummer.

## Why does this always happen?

Partly, I think it's the fact

that in our culture, women are taught that it's nicer to see ourselves as deficient than to brag about our accomplishments. The female brain is also hardwired for connection. We want to share any discomfort and pain we're experiencing so we don't feel so alone. The trouble is, cataloging your flaws with your besties will only take you to a dark place.

## So what to do when the night veers into downer territory?

Saying “Hey, guys, can we talk about something else?” isn't necessarily the solution in this case, because it implies that your friends are wrong, which might cause friction. Try these tiny mental tools to refocus the conversation in a more subtle way...

**WAIT** When you're tempted to join the negging, think *WAIT*, as in *Why am I talking?* Pause to ask yourself what kind of connection you're seeking or what bad feeling you're trying to soothe. Then let yourself feel the emotions by breathing in for 90 seconds. Once you realize, *Oh, that's what this is about*, those thoughts will usually drift away.

**LEAD** Think of yourself as a sort

of conversation healer. Try to shift the group's energy from draining to uplifting. Give a non-looks-related compliment (“Your new job sounds exciting!”), or share some positive news (“I'm planning a Palawan vacay. Any tips?”). Redirect the flow of words to higher ground.

**SNAP** Every time you see a quote or picture that makes you feel good about life, snap a screenshot

and save it in a special album on your phone. Flash one to the group when the chatting starts to go dark. If all else fails, inspiring kitten pics to the rescue!

**PEACE OUT** Press your pointer finger to your thumb, then do the same with your middle finger, ring finger, and pinkie, saying with each touch to the thumb, “Peace. Begins. With. Me.” It's a combo mantra and mudra (a

Buddhist name for hand gesture) you can use anywhere. The phrase gets you into a calmer headspace, and the mudra sends messages to your brain, like a mini acupressure. The pointer finger releases wisdom, the middle, patience (something to remind yourself of when you're tempted to flip someone the bird), the ring finger, knowledge, and the pinkie, vision and inspiration. ■





# STRUT

# LENNY KRAVITZ

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# THE SECRET TO BEING HAPPY ANTOINETTE JADAONE

With a string of hit rom-coms, writer-director Antoinette Jadaone, 30, proves that hard work and being true to yourself pay off, big time. Take a page from her playbook and start scoring your own goals.

*Happiness is...*

## STICKING TO YOUR GUNS

When you've gone to film school, you're expected to direct art house or experimental films—pero mainstream romantic comedies *talaga ang gusto kong gawin*. Importante sa akin na mas maraming nakakapanood, and 'pag labas ng audience sa sinehan, kinikilig at masaya sila. My stories are always grounded on real life. 'Pag masyado kasing make-believe, parang fairy tale na—and the audience becomes detached. I want them to be able to relate, to see themselves as the bida, kasi ang love at pagiging tanga sa love, lahat tayo dumadaan diyan.

*Inspiration in Prague*

## BEING LOYAL TO YOUR ROOTS

When I was a kid, my mom let me read *Funny Komiks*, *Liwayway*, newspapers, and tabloids. I also watched Pinoy movies. *Doon ko nauhuwa 'yung love ko* for pop culture. She'd also take me to Divisoria, Baclaran, *sa mga palengke*, so I got a sense of the real world very early on. To this day, I use what I observe around me in my creative process. I love

*With real-life love, Direk Dan Villegas, at the 2014 Palanca Awards*

*Hers is a rare talent—wit*



writing in coffee shops. 'Pag malakas ang boses ng mga katabi ko, nakikiting ako. Tsismosang kapitbahay lang.'

## SEEING YOUR VISION THROUGH

One of the biggest challenges for *That Thing Called Tadhana* (which won a third place Palanca Award for Best Screenplay) was we couldn't afford the \$5,000 fee to use Whitney Houston's "Where Do Broken Hearts Go?" for the film. So we crowdsourced online, asking for pledges. *Ganun ka-importante 'yung kanta sa film—hindi siya puwedeng i-edit out*. In fact, the entire story is about that: Where do broken hearts go *nga ba*? I'm a fickle person, but I was really firm with my decisions, because it was my dream project.

## EXPRESSING YOUR CREATIVITY

In 2009, my friend Chinggay Nuque and I created what we called "the anti-coffeehouse planner" under the line "Witty Will Save the World." At the time, I was a production assistant for soap operas and I felt like my had life become



*Her films in one word: Nakaka-relate!*

routine. I wanted a creative outlet—something that would allow me to go back to my experimental roots and express my love for pop culture. We didn't plan it to be a business, but the orders just kept coming in. We're now on our sixth year. *Nagulat kami na pumatok siya!*

## LISTENING TO YOUR GUT

*Mahilig ako mag-revise ng script—I think it's a good way to trust yourself. Revising means I'm owning my story, adding layers na hindi ko nakita nung una.* When I compare the first draft to the 12th, *napapa "Yuck! Sinulat ko talaga 'to?" ako*. I need to be that honest with myself so I can write a better story.

## STRIKING A BALANCE

I'm in a relationship with a fellow filmmaker, and when we work together, it's not easy. *Nagkakainisan kami sa set, may creative clashes*. But I can honestly say, *mas marami pa ring advantages*. Every day is a collaboration, and as a writer, masarap 'yung may instant *kabatuhan ako ng ideas*. He's always supportive of me, and I know he wants the best for me.



*Her favorite fuel*

*Why Having a Game Plan = Happiness*

*"Making concrete goals that can actually be achieved can do more to boost happiness than making more abstract ones. Having specific goals help expectations to be better tamed, leading to less disappointment and burnout."*

SOURCE: JOURNAL OF EXPERIMENTAL SOCIAL PSYCHOLOGY

1

If JLaw can laugh at her clumsy and awkward self, why can't you?



**2** As author Susan Spark says, "If you can laugh at yourself, you can forgive yourself. And if you can forgive yourself, you can forgive others." Go unload, girl.

3

You learn to embrace your ~\*inner weird\*~!

## COSMO COMMANDMENTS

# 10 REASONS YOU SHOULD LEARN TO LAUGH AT YOURSELF

4

**Laughter is infectious.**  
Once you start, it's GVs for you and your crew.

6

It's the best solution for EVERYTHING. Try ugly-laughing after ugly-crying over stupid EDSA traffic.

**5** NOTHING IS AS LIBERATING AS LAUGHING AT THAT TIME YOU ACCIDENTALLY FELL FACE-FIRST WHILE RUSHING TO GET OUT THE DOOR BECAUSE YOU WERE RUNNING AWAY FROM A FLYING IPIS.

8

**7 Having good humor is a sign of having personal resilience.**  
Science says so!

**8 BECAUSE** SOMETIMES, THERE'S NOTHING BETTER TO DO BUT LAUGH AND LAUGH AND LAUGH. SEARCH "BABIES AND DOGS" ON YOUTUBE, STAT.

9

YOU LIMIT YOUR CHANCES OF LOOKING AND FEELING RIDIC. WALKED AROUND WITH YOUR SKIRT HIKEUP? GOOD THING YOU HAVE A GREAT ASS!

10

**It lets you acknowledge your batshit-crazy issues—without letting them get to you.**

# SURF

Surfer girl, fashion blogger, and TV host Kim Jones shines in the sun in sporty suits and bikinis that mean business—active chic style options for the water baby in you.

PHOTOGRAPHS BY CHOLO DELA VEGA

Shot on location at  
Kahuna Beach Resort & Spa  
San Juan, La Union



BOARD  
ROOM  
Maillot, Cesa, ₱2,280.



A woman with long brown hair is standing in the ocean, wearing a purple and yellow bikini. She is holding a purple surfboard in her left hand and has her right arm raised. The ocean waves are visible in the background.

# SO STOKED

Bikini top, Cesa, ₱1,880 (part of a set).

Bikini bottom, Soak Swimwear, ₱1,700 (part of a set).



## BLUE CRUSH

Bikini, Soak Swimwear,  
₱1,750.



## SHORE BREAK

Bikini, Cesa, ₱1,680.

**TIDAL  
WAVE**

Maillot, Cesa, ₱1,800.  
Sunglasses, Fly Shades, ₱360.





ISLAND  
GIRL

Bikini, Cocomo, ₱1,499.



## HANG LOOSE

Bikini, Tomato, ₱800.  
Tote, Aranaz, ₱3,800.

# sunday staycation

The lazy girl's guide to a chill  
getaway without leaving town.  
All you need: happy vibes, a good book,  
and a great look!

PHOTOGRAPHS BY  
PAOLO PINEDA



**pajama party**  
Bikini top, Michael Kors, price  
available upon request. Palazzo  
pants, Forever 21, ₱915. Sandals,  
Topshop, ₱2,595.



*cream of the crop*

Top, Topshop, ₱1,095. Shorts,  
Zara, ₱2,595.



**short cut**

Top, Neon Island, ₱849.

Shorts, Zara, ₱2,745.

Platforms, Primadonna,  
₱1,490.



*lacy daze*

Coverup, Zara, ₱2,450.

Bikini, Tomato, ₱800.

**sheer genius**

Bikini, Soak, ₱1,800. Sheer dress,  
Topshop, ₱2,895. Sandals,  
Topshop, ₱2,595.

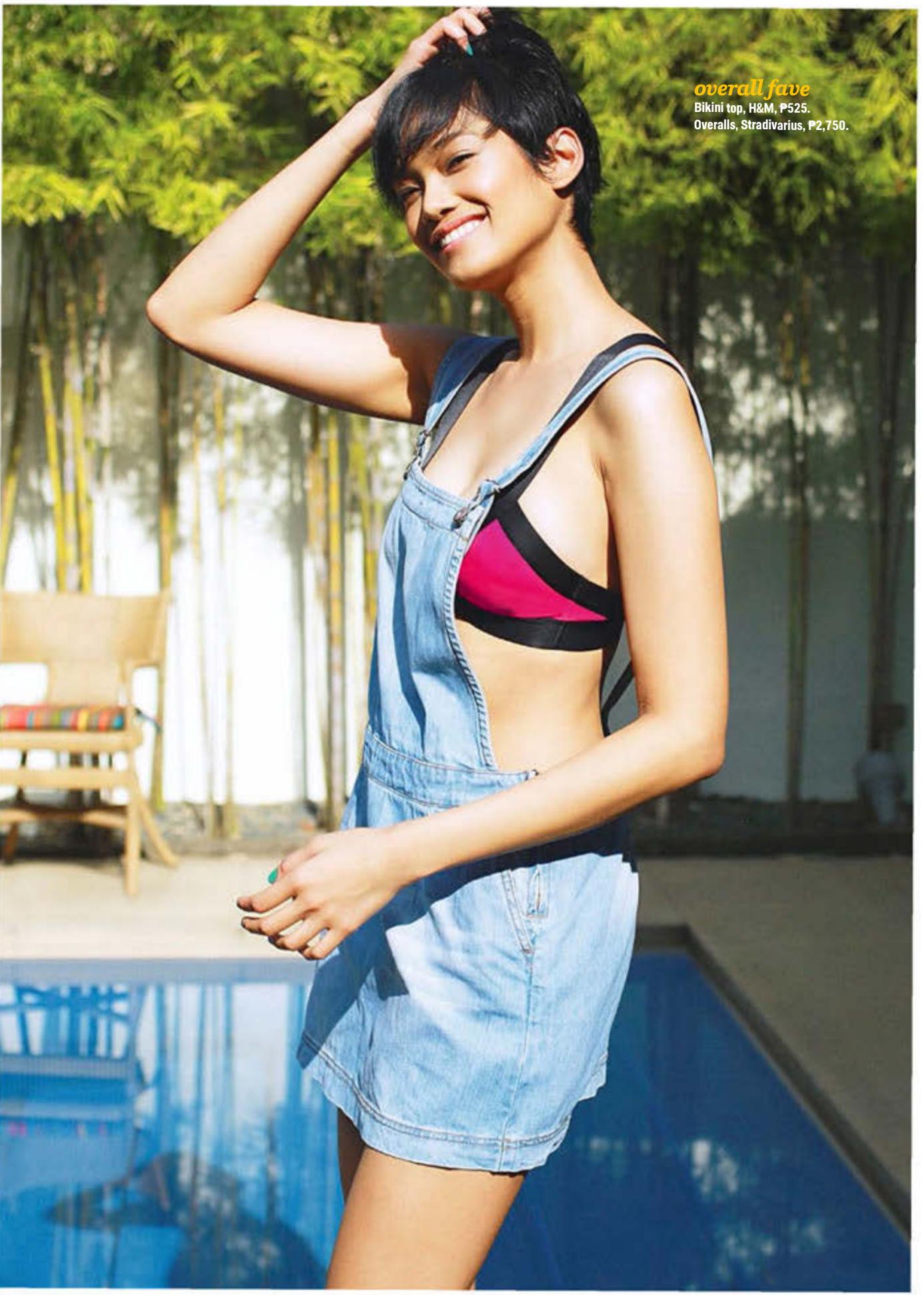




*top o' the morning*

Top, Pink Manila, ₱680.

Shorts, Cotton On, ₱1,015.



**overall fave**

Bikini top, H&M, P525.

Overalls, Stradivarius, P2,750.

(STYLING) CATH SOBREYEGA OF QURATOR. (STYLING ASSISTANT) MIYUKI NISHIDA. (MAKEUP) KRIS BACANU FOR MAKE UP FOREVER. (HAIR) ELAINE GANJELAS OF L'OREAL PROFESSIONNEL. (NAILS) LUZ FOR TUND OF TRIPLE LUCK BROWS & HAIR SALON USING SECHIE VITE FROM BEAUTY KINGDOM. (SITTINGS) PATRICIA JAVIER. (ART DIRECTION) DIANA MADELO. SPECIAL THANKS TO TOM AND ANNABEL WISNEWSKI.



**slouch potato**

Top, Neon Island, ₱849. Bikini bottom, Tomato, ₱800. Sandals, Topshop, ₱2,595.

# UPDO + TOSSED



THE LAST THING  
YOU NEED IN THE  
SWELTERING HEAT  
IS TO BATTLE WITH  
YOUR BLOW DRYER.  
KEEP LOCKS AWAY  
FROM YOUR FACE  
WITH THESE FRESH  
UPDOS.

Photographs By  
Roy Macam

## No hair tie? No problem

Not quite a ponytail or mohawk, this pinned-back combo is perfect for keeping hair out of your face on a scorching hot day. For sun-kissed skin, sweep bronzer on areas of your face where the sun would hit (such as your forehead, cheekbones and along jawline).

Bikini top, Eighth Mermaid.

## Pin-Up Girl

Notice how long-haired celebs magically work the red carpet in a bob, only to sport their lengthy locks the next day? Thanks to the genius of hairstylists, long-haired mavens can rock the short look without having to commit. Complete your 1950's style with an equally glamorous cat-eye using liquid liner.





## Going Dutch

Hairstylist Ethan David wove 16" Keira Hair Extensions from Lynelle House of Hair Fashion to add sunkissed highlights to this fierce do. "Extensions must be two tones lighter than your natural hair color to add texture to this braid," he suggests. This look gets even more bold with a bright aqua cream shadow.

## Up and Away

Hair becomes dry, brittle and susceptible to split ends when overexposed to UV rays. Heal sun-damaged strands with a weekly hydrating mask like Pantene 3 Minute Miracle Conditioner, ₱259.

Bodychain, BWeareshapeshifters.



## Relax and Intertwine

Spray ends with a deep conditioning spray and comb through to keep your 'do shiny all summer long. Complement this whimsical hairstyle with all-over shimmery, gold makeup.



# Get the Look a toss-up

WHEN HUMIDITY LEAVES YOU WITH PANCAKE-FLAT HAIR OR POODLE-FRIZZ, TOSS YOUR UNRULY MANE INTO A MODERN UPDO.

Toni&Guy Dry Shampoo, P990.



Kérastase Laque Couture Hairspray, P1,477.



Prestige Skin Loving Minerals in Rich Bronze, P775.

**Pin-Up Girl**  
Work a humidity-resistant mousse through strands to add body and shine. Curl hair with a curling iron. Gather all your locks at the back and tie. Hair should be loose enough to create the illusion of a bob while strands get tucked under. Braid ponytail and form into a bun. Pull out face-framing strands and re-curl with the wand. Tuck the curled long strands underneath your bob and pin.

Toni&Guy Forming Spray Gel, P750.

Goody Start Style Finish Rat Tail Comb, P169.75 for 2-pack.



Maybelline Color Tattoo Gel-Cream Eyeshadow in Tenacious Teal, P379.

## Up and Away

Spritz a de-frizzing, styling spray. Slick back hair with a paddle brush, creating a smooth, bump-free finish. Tie hair into a high pony. Pull 1"-strip of strands from under the pony's base, spray with hairspray and tease. Wrap this section around the elastic, creating a 3"-wide band from base of ponytail toward ends.

MAC Mineralize Eye Shadow Duo in Dual Rays, P1,400.

Goody Start Style Finish Black Bobby Pins, P59.75 for 12-pack.

Davines NaturalTech Well-being De Stress Lotion, SRP P1,175.



## No hair tie? No problem

Spray strands and roots with dry shampoo to add texture. Separate top of hair into 5"-wide section along center hairline. Tie into a high ponytail (which you'll untie later). Gather each side of hair and pull back into a bun (small enough to hide). Place bun right below the ponytail and secure with pins. Undo the high pony, teasing at the roots. Set in place with hairspray.

Tresemme Salon Finish Extra Control Mousse, P568.

Revlon ColorStay Liquid Eye Pen in Blackest Black, P575.

EVA NYC Curling Iron, P2,450.



## Going Dutch

Begin dutch braiding from your crown. After 6 weaves, use a rattail comb to lift front section of pouf (or faux-hawk) to create the desired amount of volume. Continue the dutch braid and tie. For slick and sleek sides, mist with spray gel and comb upward. Loosen dutch braid by carefully tugging open from each side.

RICH Satin Touch Large Paddle Brush, P425.

Pantene 3 Minute Miracle Conditioner, P259.

KERATIN COMPLEX Straight Day Styling Spray, P895.



## Relax and Intertwine

Separate three sections: two 3"-wide sections along forehead (on either side of part) and remaining back of hair. Create a fishtail braid with back of hair. Loosen braid by pulling out sides. Make a simple braid with 3"-wide section along forehead. Braid the 3"-wide section on other side of part. Twist each braid into a bun at nape of neck. Pull strands along hairline for a casual look.



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# HOT & HEALTHY

## BIKINI READY IN 1,2,3

Summer is here! Bust out the bikinis fearlessly, thanks to a mix of healthy eating, exercise, and of course, confidence!

**1 CHANGE THE WAY YOU EAT** by understanding the effects different foods have on your body and energy levels (sugar = snoozefest). Inside, superstar nutritionist and expert de-bloater Nadine Tengco shares her exclusive, countdown-to-the-beach guide to eating.

**2 NEVER MISS A WORKOUT.** Treat your regular sweat sesh like a date you can't flake out of (see Fitness Buzz for our exclusive Cosmo Curve-Carving Circuit). Little tweaks like working out just 30 minutes, three times a week, can go a long way.

**3 SELF-CONFIDENCE** is your most valuable asset—banish body blues and feel more comfortable in your own skin, with our tips on how to be healthy *and* happy (check out our Bikini Body Special).

(WORDS) TRISHA BAUTISTA, (PHOTO) DIX PEREZ

# BODY NEWS **HAVE AMAZING SEX ALL MONTH LONG**

**No need for a time out during your period. The action can even feel extra nice thanks to natural wetness and heightened sensitivity. What to know...**

#### YOU CAN GET PREGNANT

It's rare, but ovulation can be unpredictable, and sperm can live three to five days post-sex. Keep up the contraception.

#### SOME HEALTH RISKS RISE

The cervix is open and there's less protective cervical mucus, so it's easier to pass infections. If you are prone to vag infections or haven't been tested for STIs, use condoms.

#### YOU MIGHT FEEL BETTER

Period sex can get rid of cramps and moodiness—the secret is in the hormone-releasing Os. So go get some!

SOURCE: LINDA FAN, M.D., ASSISTANT PROFESSOR OF OBSTETRICS, YALE SCHOOL OF MEDICINE



#### GIVE IT A REST

Feeling burnt out lately? Take a day off, or get at least seven hours of shut-eye every day. A study done by the University of Surrey in the UK found that overworked employees suffering from a burnout are more prone to making spontaneous and irrational decisions they regret later. So give yourself a break and make those tough calls when you're refreshed and rejuvenated.

#### WANT TO QUIT SMOKING



Focus on the why. A study published in the *American Journal of Health Promotion* found that smokers who watch ads and infographics on why you should quit were twice more likely to cut the habit than those who watched videos on how to quit. If government warnings aren't enough to stop you, get a pulmonary scan and ask your doctor exactly what smoking does to your body—maybe that will be the motivation you need.



#### Blame It On The Alcohol

All those happy hour drinks are damaging your liver more than you think. A study done by The Loyola University Health System in the US found that cirrhosis of the liver, which can lead to organ failure and cancer, affects almost 700,000 adults yearly—and almost half of those diagnosed reported drinking too much alcohol the previous year. The Center for Disease Prevention in the US recommends limiting alcohol by avoiding binge drinking (four or more drinks in one occasion) and heavy drinking (10 drinks or more per week) to protect your liver.



## FOOD BUZZ KNOW YOUR MARKET GREENS

Before you spend on pricey, imported “superstar” greens like kale or chard, check out local *palengkes* for veggies that are way cheaper...but still just as good.

Leafy greens are a diet must. They're excellent sources of vitamins A, B, and C, folate, and carotenoids—good-for-you substances that prevent certain kinds of cancer and curb age-related health issues like bone deterioration and high cholesterol. Our bodies take a while to digest these fiber-filled produce, too, making you less likely to feel immediate hunger pangs.

SOURCE: INGRID ADAMS, AUTHOR OF *THE HEALTH BENEFITS OF DARK GREEN LEAFY VEGETABLES*

**1 PECHAY** has loads of calcium, iron, phosphorus, and potassium for stronger bones, quicker reflexes, and better digestion. Steam them and pair with grilled fish instead of rice—the bland taste goes well with oily flavors.

**2 MALUNGGAY** is rich in protein, manganese, calcium, and zinc, toughens up the immune system, controls blood pressure, and relieves migraines. Add to soups or drink as tea when feeling under the weather.

**3 KANGKONG** grows nearly everywhere, even in your own backyard. It's a great source of iron (which counters anemia), protein, calcium, and potassium. Add to stir-fry dishes or scrambled eggs.

**4 ALUGBATI** is rich in vitamin A, which encourages healthy eyesight, and strong bones and teeth. It's also works as a diuretic and a mild laxative, preventing bloating and constipation. Use in salads or curry.

### EGGY BREKKY

Always in a mad dash to work? Quick breakfasts don't have to come from the drive-thru window. Prepare these muffins before bed (it won't take you more than 30 minutes!) and grab one as you head out the door.



**9 eggs**  
**1/2 C** chopped fresh spinach  
**1/4 C** grated cheddar cheese or crumbled feta cheese  
**1 small tomato,** chopped  
**1 small onion,** chopped  
**1 small bell pepper,** chopped  
**1 tsp. baking soda**  
**Salt and pepper to taste**  
**Optional add-ins:**  
**1/4 C bacon or ham**

**INSTRUCTIONS:**  
\*Preheat oven to 350° F.  
1 Break the eggs into a bowl and whisk.  
2 Add the rest of your ingredients and mix.  
3 Divide the mixture into a nonstick, 12-muffin tin.  
4 Bake for 25 to 30 minutes. Pierce with a fork to check if they're done.  
Makes 12 muffins.

### Love Your Local Delights

Goes-with-anything spreads and treats that are easy on the calories and made right here in the RP. Go indulge without the sugar OD!



**Made By Max Almond Butters**  
(available at Echo Store, Salcedo Village, and Epicurious, Shangri La Mall)  
All-natural, sugar-free, and made without refined oil, this line of smooth nut butters go great with fruit slices and veggie sticks.



**The Freefood Co. Coco Dolce**  
(available at M Café, Makati, and Echo Store, Makati)

Chocolate lovers will enjoy these creamy bars made of rich cacao beans, pure, organic coconut sugar, and uniquely Pinoy pili nuts. Our new not-so-guilty pleasure.



### SKIN IS IN

Pick up smaller varieties of fruits and veggies with their skins on them (baby potatoes, cherry tomatoes). The skin is full of nutrients—and smaller sizes have a higher skin-to-flesh ratio—so you'll get more health benefits. Also, they're cuter!

## FITNESS BUZZ

27-MINUTE  
CURVE-  
CARVING  
CIRCUIT

Want a bikini body stat but can't find the time? Area fitness manager and personal trainer for Fitness First Philippines Jerome Co gives us an exclusive 27-minute muscle-toning workout you can do right at home.

**Do this bodyweight circuit thrice a week for at least a month and you'll feel much leaner and stronger!**

**Warm-Up:** Do 10 rotation exercises on shoulders, wrists, knees, and ankles, and toe reaches.

**Mobility:** 2 rounds of 30 seconds per exercise.

**Squat**  
**Standing Hip Circles**  
**Hip Rotation with Reach**  
**Side Lunges**

**Cardio:** 3 rounds of 30 seconds per exercise.

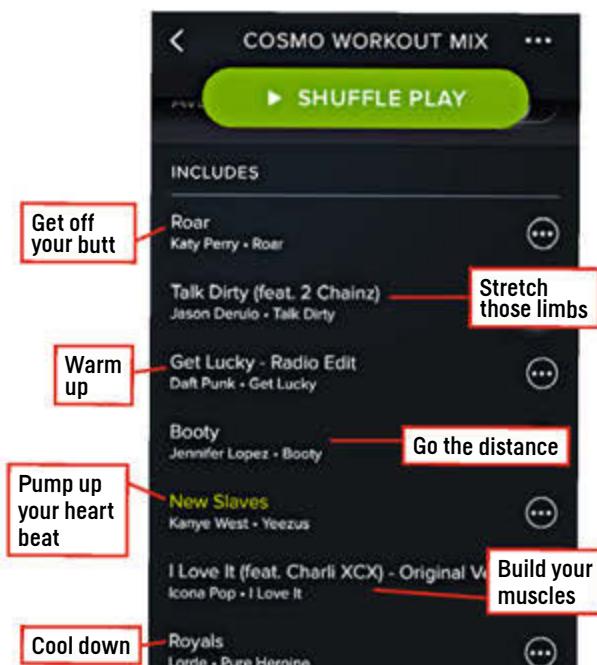
**Burpees**  
**Squat Jumps**  
**High Knees**  
**Rest**

**Core:** 2 rounds of 45 seconds per exercise.

**Walk-Outs**  
**Push-Ups**  
**Hip Bridge**  
**Mountain Climber**  
**Side Plank with hip-dips**  
**Bicycles**  
**Front Plank**  
**Side Planks**  
**Rest**

## MUSIC MAGIC

Creating a soundtrack for your routine can score a more effective workout: Sports doctors from Burnel University in the U.K. found that syncing beats per minute (BPM) with an exercise pace increases your efficiency, and motivational qualities in music levels up endurance because it delays the brain's ability to register fatigue. Check out our perfect workout mix based on the study.



Break a sweat at home!



## SMARTY (UNDER) PANTS

An intense sweat sesh can cause irritation and chafing on your skin. Follow these tips from dermatologist Dr. Kaycee Reyes to avoid discomfort.

**THE FABRIC:** Natural fabrics like cotton or hemp will help sweat evaporate easily. If you're prone to rashes, stick with moisture-wicking fabric like nylon, elastane, and spandex, which are both breathable and stretchable.

**THE CUT:** "Wear seamless panties that aren't too tight—constant friction with the skin can cause the irritated skin to darken and scar," says Dr. Reyes. Avoid wearing thongs, because they may slide around while doing high intensity work routines like cycling or sit-ups, which may cause skin infections on the skin in your bikini area.



## 2x4

A recent study found that people who drink seven cups of water daily eat about 300 calories less than those who don't. To reach your quota, drink two full glasses of water before each meal and snack.

# THE NEW DENIM WAYFARER!

Summer is definitely here! Ray-Ban® unveils its new collection, and this one is a definite looker! Carefully crafted with 5 layers of 100% genuine denim, this new design is the result of two years of research and a high-tech layering process, giving each pair a completely unique look.

Finished with original rivets and hypoallergenic silicone nose pads to make this Limited Edition eyewear feel as good as they look. This latest addition to the Wayfarer family comes in six (6) cool colors, and they are definitely the ultimate denim must-haves this season.

NEVER PRETEND. – You can't hide the inner fabric of true style.

Available at SM Store.



*Ray-Ban*

## EVERYWHERE YOU ARE

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## HEALTH REPORT

# YOUR 7-DAY PLAN TO A FLATTER BELLY

That beach day coming up faster than you can catch up with your diet and exercise routine? Follow our tummy-tucking tips from nutritionist-to-the-stars and expert de-bloater Nadine Tengco for a flatter, trimmer waistline in seven days.

COSMO  
SUMMER  
SPECIAL



*Follow these stars' stomach-slimming strategies*

## ANTI-STRESS=ANTI-FLAB

What's the secret behind the sexy abs of celebs like Solenn Heussaff, Anne Curtis, and Belle Daza? They follow Tengco's Number One maxim: Belly fat is often a result of stress in the body. "When the body overexerts itself, its response is to store fat. Over-exercising, skipping meals, not getting enough sleep... all these take a toll on the body. Fat storage is the body's primordial response to stress," says Tengco. So whatever you do, don't skip meals and make sure you get ample nutrition and recovery to boost your body's fat-burning abilities.

## Cut It Out

You can still do some effective tweaks a week before you show off your belly—cut out these bloating culprits from your meals to get results, stat.

### SEVEN DAYS BEFORE



**White, refined carbohydrates** rack up your blood sugar and insulin levels, causing fat storage around the belly.

Replace white carbs with whole grains or better yet, forego the rice and pasta for lots of veggies to go with your *ulam*.



**Carbonated and sugary drinks** cause a gas build-up in your belly, making it bloated and distended. Drinking lots of water throughout the day will keep you full and flush out toxins in your body—plus, water has zero calories.



**Sweets, cakes, and cupcakes** are your figure's worst enemy. Too much dessert means a whole lotta sugar—and a huge risk of gaining extra pounds. Ditch the after-meal cupcakes and reach for a ripe fruit instead.

### THREE DAYS BEFORE



**Sodium** causes water retention, which causes a feeling of puffiness and bloating. Avoid chips and your salty go-to snacks (do it for seven days, if you can) and you'll feel the difference!



**Raw veggies, beans, and nuts** are super nutritious in the long run, but aren't great for your belly. Avoid salads with fresh greens like lettuce. "They're super high in fiber (which takes the body a while to digest) so they cause gas and bloating," says Tengco.



**Cruciferous veggies** like broccoli and cauliflower have all sorts of health benefits including cancer prevention, but "they have so much fiber that they'll add to your food-baby," says Tengco. Get your fill of nutrients from boiled or steamed dark leafy greens instead.

## CAN'T GIVE UP RICE?

Follow Nadine's extender trick: Mix  $\frac{1}{3}$  cup of rice with  $\frac{2}{3}$  cup chopped veggies like corn, peas, and carrots. Satisfy your rice craving without going overboard on the calories.



**SPICE, GIRL!** Add  $\frac{1}{4}$  tsp. of turmeric to rice before you cook it. You won't really taste it but you'll get its anti-inflammatory benefits!

# YOUR BELLY'S BEST BUDDIES

**Lemongrass** or **tanglad** is a citrusy vegetable you can find in any grocery or market. Boil a bunch of leaves in a pot and strain, and drink like water with every meal. **Ginger** or **salabat** is a root you can use for drinking as tea and for cooking. It's also useful for when you have your period, because it helps get rid of painful cramps. **Turmeric** is an herb that's great for seasoning meat and chicken, especially if you're trying to avoid sodium.

These inflammatory agents are a must with every meal to help you get rid of those stubborn extra inches.

Add 1 Tbsp. of honey to a glass of lemongrass or ginger tea. Mix in calamansi juice and drink warm or top with ice for a refreshing, puston-fighting drink.

## Eat Like A Superstar

Pattern your meals after Nadine's and her clients' to make sure you fuel your body with enough energy while still sticking to your diet.



### BREAKFAST

The first meal of the day should be your power meal. Stick to a formula of protein + carbs + (good) fat, because it will provide you with energy for the rest of the day and curb your cravings. Try dark, whole-grain bread like rye or gluten-free toast with 1 Tbsp. non-dairy butter or avocado, then top with scrambled eggs.

### A.M. SNACK

Grab a banana or a green smoothie mid-morning so that your hunger pangs don't go into overdrive by lunchtime—the potassium mid-morning will sustain your energy.



### P.M. SNACK

Get a handful of almonds or cashew nuts (go for the plain, roasted kind), or if you're feeling hungrier, grab a stick of barbecue from the cafeteria.

### LUNCH

This is the best time to cut calories! Skip the carbs (which can make you lethargic) and go for lean meat or fish with boiled or steamed leafy veggies (see Food Buzz for ideas).



### DINNER

"Eating carbs at night is actually good for you," says Tengco. They contain triptophan, which produces melatonin, to help you sleep. Indulge your soup craving (hello, *sinigang*!) at dinner but limit rice to half a cup.

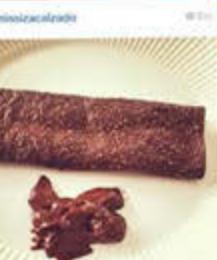
## HEALTHY FOOD IS HAPPY FOOD



@nadinetengco Carrots, bell peppers, and sayote mixed veggies. Goodbye belly bloat!



@ilovegeorgina Tuna Eggs Benedict. Best diet food ever!! Holiday weight be gone!



@missizacalzado Chia Banana Wrap with strawberry coconut yogurt. it's sooooo goooooood!



@nadinetengco Use gluten-free oats for pancakes!

# WORKOUT GET THE **MAX OUT OF EVERY MOVE**

Moves like lunges and push-ups are classics for a reason: They work. But with some clever hacks, trainer Astrid McGuire works extra muscles to make these old standbys even more effective (and fun).



## A MORE POWERFUL PLANK

- 1 Stand with feet hip-width apart. Slowly bend at waist and touch floor with palms, bending knees if necessary. Walk hands forward one at a time until you're in plank position with palms under shoulders.
- 2 Spring feet forward and land in low sumo squat. Jump back in plank position, and walk hands back toward feet. Stand and repeat. Do 10 reps.

**WHY IT'S BETTER** Bending and walking hands forward warms up your muscles while stretching them out. Plus, jumping forward adds a cardio boost.



## A STEPPED-UP LUNGE

- 1 Stand with feet hip-width apart facing a chair or bench. Step right foot onto chair, then press through left heel to drive left knee up and forward so thigh is parallel to floor. Pulse it two times while balancing on right foot and without leaning torso or hips forward, swinging arms for stability.
- 2 Return to start position. Repeat 10 to 20 times, then switch legs.

**WHY IT'S BETTER** Traveling vertically instead of just horizontally requires more effort (cardio!), plus you'll tap your core muscles to steady yourself once you're up.

## A BETTER SQUAT

- 1 Standing, swing arms to the right and jump laterally, landing on your right foot, bending the left knee and raising the left foot.
- 2 Reverse the move to your left side, jumping at a 45-degree angle. Repeat alternate jumps for one minute, constantly moving forward.

**WHY IT'S BETTER** Jumping not only targets your butt and legs but also gets your heart rate up. The diagonal movement zaps your inner and outer thighs and obliques.



## A RETOOLED BICYCLE

- 1 Lie on back, fingers behind ears. Lift shoulders and upper back, and raise legs so they're perpendicular to floor.
- 2 Tilting feet inward, lower right leg so it hovers above the floor and cross left leg over it. Return legs to perpendicular position, then repeat on other side. That's one rep; do 10.

**WHY IT'S BETTER** Keeping your legs straight makes it harder for your abs and obliques. The tilting and angling works your inner thighs and butt.



## Brighter Day Ahead with Sun Life

Sun Life Prosperity Funds is for aggressive investors who want to make the most of their money's earning potential and who are willing to take higher risks for higher returns. Start investing for as low as P5,000. To know more about the Sun Life Prosperity Funds, talk to a Sun Life Advisor, call 849-9888, or visit sunlifefunds.com.



## Invest in Your Health with Hurom

Squeeze your way to a healthy diet with Hurom Slow Juicer. It preserves the natural taste and nutrition by squeezing raw ingredients through Slow Squeezing Technology. You get 75% more juice with more nutrients, minerals, enzymes, and flavor. Available at Rustan's, Landmark, S&R, Abenson, True Value, Crate and Barrel, SM Store, FairNSquare, Livingwell, Gourdo's, Duty Free and Wellworth. Call (02) 426-0600 for deliveries in Luzon, Visayas, and Mindanao.



### Fast Relief for Body Pains

Herbalaya Liniment Oil, with a special blend of herbs and plants, is the best relief for musculoskeletal problems, varicose veins, fatigue, headache, and more. Available in 30ml and 60ml. For more details, call 09478939377, 02-8514934 (Manila), 032-5643313 (Cebu), and 082-234391 (Davao).

[www.facebook.com/ellestreque](http://www.facebook.com/ellestreque)  
[www.herbalaya.com.ph](http://www.herbalaya.com.ph)  
[www.ellestrequepharmaceutical.com](http://www.ellestrequepharmaceutical.com)



### Wrinkle-Free Beauty with Laneige

Relive your younger-looking days with Time Freeze Wrinkle Filler 20ml. It is an anti-wrinkle treatment with 11% stabilized Vitamin C that delivers a powerful antioxidant effect. It also has Dynamic Collagen to recreate healthy collagen matrix structure. Reduce deep wrinkles, smoothen skin surface, and prevent wrinkle formation with Time Freeze Wrinkle Filler.

# FUN fab FINDS

Stay pretty and fab with these picks!



### Sexy Black Hair with Swallow

Achieve sleeker and blacker strands with Swallow Dual Purpose Hair Darkening Cream. Use it as a hairdresser that can hold your hairstyle for hours and apply it daily to darken your tresses. Also comes in Swallow Dual Purpose Plus Hair Darkening Lotion. Available in 100g (P128) and 150g (P188).

Available in Landmark, Watsons, Rustan's Supermarket, Unimart, Cash & Carry, RB Hortaleza, all Gaisano outlets, all Metro outlets, and other department stores and supermarkets nationwide.

### New You with Kokuryu

Keep your skin blemish-free and moisturized with Kokuryu. Complete your beauty routine with Soft Lotion, Milk Lotion, and Ast Lotion. Kokuryu Cosmetics are now distributed in 31 countries worldwide.

Available at all SM Department Stores, Metro Gaisano Mall, Landmark (Makati and Trinoma), Market! Market!, Mercury Drug Stores, Watsons, Isetann Department Store, and Friendswoods – San Juan Branch. For more product information, call 2420883/2420968.

### Let It Gloww

Enjoy radiant, beautiful skin with Gloww. Its unique SKHN (Skin Health and Nutrient Complex) formulation provides skin with the nourishment it needs for a healthy and radiant look. For more info, contact the Mega We Care Hotline at 894-11-11 or 0917-827-4330.



# WET IT UP!

## THROW THE BEST BARBECUE

Temperatures are on the rise. Ditch all your layers of clothing and throw a swimsuit-themed garden or poolside party perfect for those #HotSummerNights.

### HOT OFF THE GRILL

Impress your guests and whip up a home-cooked version of the classic Big Mac—tried, tested, and Cosmo-approved!

#### WHAT YOU NEED:

##### For the burger:

- Pre-packed beef patties (available at leading supermarkets)
- Burger buns (go simple with supermarket buns or try potato or squash buns from a specialty store)
- Veggie toppings (lettuce, sliced tomatoes, and onions)
- Sliced cheese

##### For the sauce:

- 1 C Miracle Whip salad dressing
- 1/4 C creamy French dressing
- 1/4 C sweet pickle relish
- 1 Tbsp. sugar
- 1/4 tsp. pepper
- 1/4 C dry minced onions

1 Grill burgers until they're medium well (cooked all the way through).

2 Combine sauce ingredients in a bowl.

3 Assemble burger and add toppings according to taste.

### NACHO LIBRE

Set eye-catching platters and fill with chips and dip (serving them in their foil packets will mess up your table). Add veggie sticks for your health-conscious guests—they go great with store-bought dips, too.



### Cocktail Hour

The secret to a good drink is a simple law of proportions. "Any good cocktail has a base of a spirit, sugar syrup, and lime juice," says cocktails specialist Lee Watson, the brain behind the unique bar offerings at Nest Manila and the Discovery hotels chain. Mix a cocktail base with fresh fruit purées (blend fresh fruits with a bit of water) instead of store-bought juice and your drinks will have that extra *oomph*.

#### COCKTAIL BASE

- 1/2 C white rhum (try Bacardi's White Rum)
- 1/4 C sugar syrup
- 1/4 C and 1 Tbsp. freshly squeezed lemon or lime juice

#### SUNSHINE DAIQUIRI

- 1 serving of cocktail base
- 1/2 C peach purée
- 1/2 C pineapple purée



#### COSMO COOLER

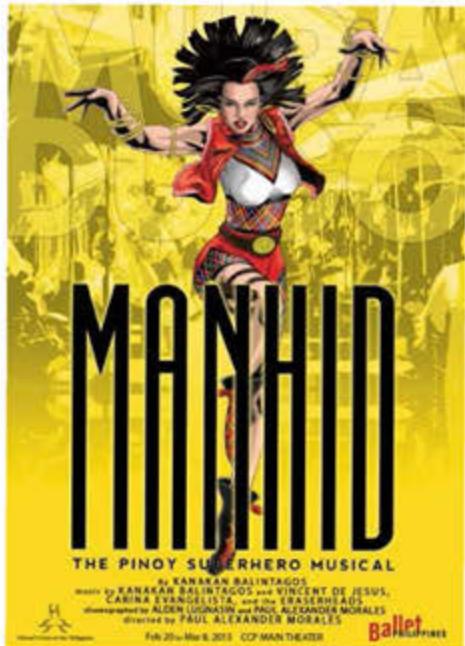
- 1 serving of cocktail base
- 1/2 C mango purée
- 1/2 C strawberry purée

Combine base mixture and fruit purées in a blender. Toss in some ice cubes, pour out, and enjoy. Cheers! More cool cocktails in *Whip It Up*, p. 156.

► **A BUCKET OF HAPPY** Set up a beer station for the guys: Fill up a cute plastic bin with ice and brewskies so your guests can grab a bottle whenever they want. Stash bags of extra ice in a cooler nearby—nobody likes warm beer!



# If there's one thing you should...



## WATCH

### MANHID: THE PINOY SUPER-HERO MUSICAL

March 1, 7, and 8, Cultural Center of the Philippines ([ballet.ph/shows/Manhid](http://ballet.ph/shows/Manhid))

Set in an alternate reality where the EDSA Revolution failed, this patriotic musical (first released 23 years ago) showcases stunning talent from the dancers of Ballet Philippines and timeless music from the legendary Eraserheads.

There's always room for dessert



## TASTE

### MRS. GRAHAM'S MACARONS CAFÉ

51 Scout Rallos, Quezon City

Prepare for a party in your mouth: Try this quaint café's unique selection of macaron flavors (think salted-egg bibingka, ensaymada, s'mores, and tequila rose). Not a macaron lover? Indulge in their iced lattés, cappuccinos, and Butterbeers.



## LISTEN TO

### TITLE, MEGHAN TRAINOR

She's all about that bass... and so much more. Newcomer Meghan Trainor showcases her unique, pop-meets-blues sound in her debut album with songs for every mood, including a sweet duet with John Legend.



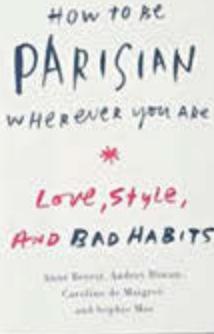
## EXPERIENCE

### MALASIMBO MUSIC FESTIVAL AND MALASIMBO LIGHTS AND DANCE FESTIVAL

Ready for your annual vacay to the Puerto music scene? This year, block off two weekends for summer's hottest festival. Catch the coolest local and foreign artists live on March 6 to 8, and come back on March 13 to 15 for the Lights and Dance Festival: the first EDM and lights fest in Malasimbo history.



## READ



### HOW TO BE PARISIAN EVERYWHERE

Four accomplished Parisiennes take you along their first dates, European travels, and luxurious dinners, and share how they've nailed being mysterious, sensual, and stylish. So French and so Cosmo, oui?

## HOT HANGOUT

### NEST MANILA

Roofdeck, W, 5th Ave. cor

32nd, Bonifacio Global City

Need #ChillDrinks to beat the heat and the hot head that comes with it? Swing by Nest Manila, the metro's newest rooftop hangout. Enjoy delectable cocktails in this breezy bar overlooking the city and (hopefully!) leave the place calm, cool, and collected.

## TRAVEL

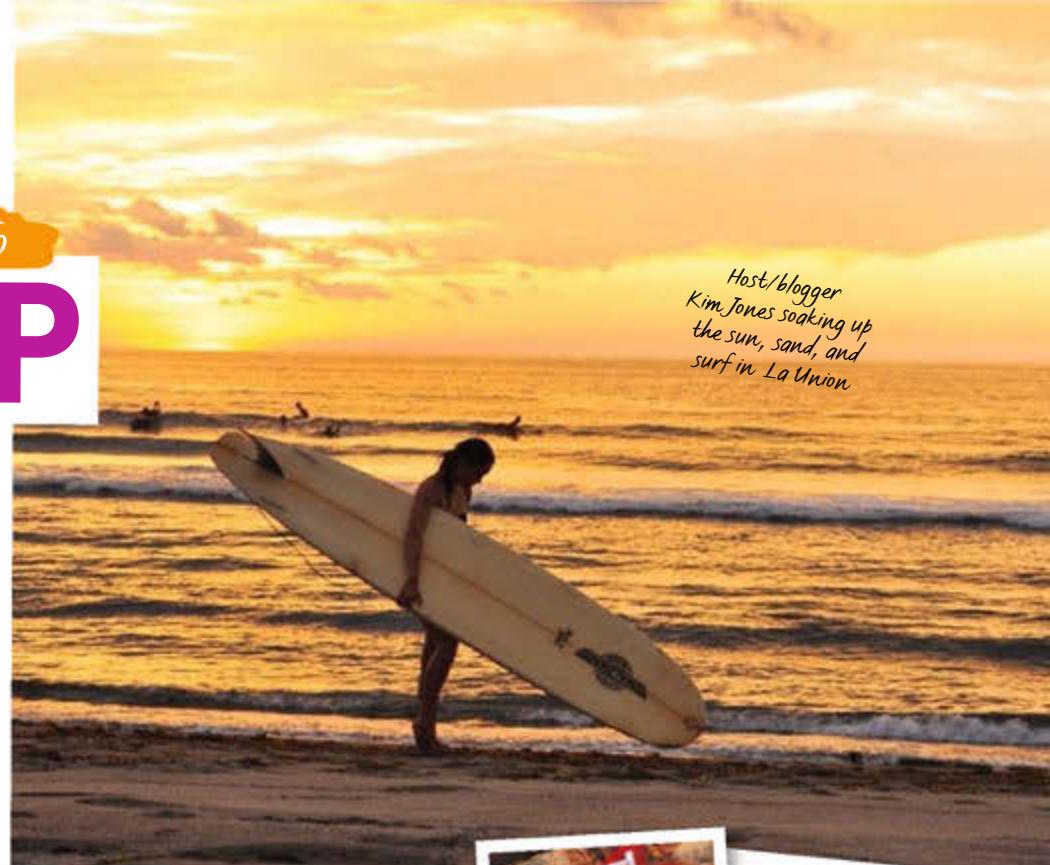
*The Cosmo Girl's Guide To*

# OUR TOP SURF SPOTS

**Constant traveler and surfer gal Sabs Bengzon-Daez of [wearevagabond.com](http://wearevagabond.com) shares insider tips on connecting with nature and venturing into the waves at some of our most beautiful beaches.**

Why am I addicted to surfing? Not only is it a fantastic way to have fun while exercising, it gives you another reason to be at the beach. What's more, the feeling of being stoked is unparalleled. Just being in the water really refreshes and renews me to face the week ahead.

Everybody starts out a beginner so don't be afraid to look funny and just have fun! Remember that surfing is a sport, so starting out can be tiring, but I promise it's worth it.



## San Juan, La Union

**WHY IT'S A HOTSPOT:** Spectacular sunsets, beginner-friendly waves, and memorable surf and music fests. The resorts are mostly concentrated in one area, so it's easy to walk from one end to the other to explore what each one has to offer.

**HOW TO GET THERE:** At the Partas Cubao station, hop on a bus headed for Laoag and ask the driver to drop you off in San Juan, La Union. It's a six- to seven-hour ride, so you can leave late at night, sleep on the bus, and wake up at the beach! A one-way ticket costs around P400. By car, drive through NLEX, take SCTEX headed to Tarlac, and go all the way until the last stop of TPLEX. Get onto McArthur Highway



Try the Iced Dirty White and Skillet S'mores at El Union

and just keep going north until you reach San Juan, La Union. This can cost only about P1,000 or half a tank of gas, so split with friends and head up north!

**WHERE TO STAY:** For the "cowboy" traveller on a tight budget, go for a hammock or bed at the laid-back **Circle Hostel**. If you're looking for something a little more Boho glam, try a room or bed at **Flotsam and Jetsam Hostel**. If you're going with friends, it would be worth it to get an airconditioned room at **San Juan Surf Resort**.

**GET STOKED:** Look for surf instructors from San Juan Surf Resort who will give you land lessons before taking you out into the water. If the surf is no good out front, they'll take you to other spots to give you the most fun.

**MUST-VISIT:** Don't miss **El Union** café, with the coolest and friendliest baristas around (coffee's good too, of course!). Cool off with an Iced Dirty White or indulge in toasted skillet s'mores.



Chase your dreams in Cloud 9, Siargao's famous surf spot



## Sabang, Baler

**WHY IT'S A HOTSPOT:** Baler's the newest surf spot on the rise that still has an easygoing provincial vibe. The area feels wild and untamed and it's easy to find a quiet spot for yourself. Immerse in the experience and head to the local *palengke* in town or visit one of the many *carinderias* lining the road.

**HOW TO GET THERE:** Genesis Bus Lines offers an über-comfy deluxe bus ride (with WiFi!) on the **Joy Bus** to Baler, Aurora, costing you around P700. This trip takes around six hours. By car, the drive is a scenic five hours using just a little over half of your gas tank, or P1,500.

**WHERE TO STAY:** Feeling fancy and got the moolah? Get a room at the luxe **Costa Pacifica Resort**. **Circle Hostel Baler** offers rooms and dorm beds on a budget. **Aliya Surf Camp and Resort** is also a steady option for groups of friends.

(PHOTOS) COURTESY OF SAB BENGZON-DAEZ

## Siargao

**WHY IT'S A HOTSPOT:** It's home to some of the best surfers in the Philippines, has some of the best waves, plus coves, lagoons, other islands to visit, great seafood to eat, and interesting tourists to meet.

**HOW TO GET THERE:** Fly to Siargao via Cebu, or fly to Surigao and take a two hour boat ride to Siargao. If you fly to **Sayak Airport**, hop on a van (prearrange one with your resort!) that costs around P200 per head, or take a *habal-habal* that can fit two for P500.

**General Luna**, the usual destination, is around 45 minutes away.

**WHERE TO STAY:** The upscale **Kalinaw Resort** offers beautiful villas and is a great place for couple

getaways. **Kermit Surf Resort** has both airconditioned and non-airconditioned rooms and can arrange fun surf trip packages for you. **Jing's Homestay** is a great low-key option for groups of friends.

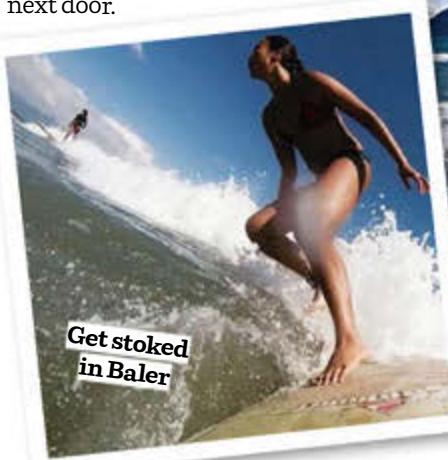
**GET STOKED:** Your resort can arrange lessons for you. Check out the waves in the famous **Cloud 9** break, but when the waves are firing, beginners should pick smaller, friendlier spots.

**MUST TRY:** **Kermit Surf Resort's** half-cooked tuna and any of their pasta dishes. Grab a healthy smoothie or the mouthwatering caramel cheesecake from **Pleasure Point Café**. Stop by **Sagana Resort**, where the menu changes often based on the fresh produce and seafood they can get for the day.

## PACK A SURFER'S BAG



- A **cute maillot** and your most secure **bikini**, to prevent any slip-ups in the water.
- A **rash guard**, because you'll be spending hours under the sun!
- Aqua shoes** for sensitive feet.
- Sunblock**—never forget!
- Sunburn soothing gel** and **antibacterial ointment** for scrapes and cuts
- Lots of **water** or **coconut juice** because the saltwater-and-sun combo can dehydrate you fast.



Get stoked in Baler

Take a walk on the picturesque boardwalk along Sabang Beach

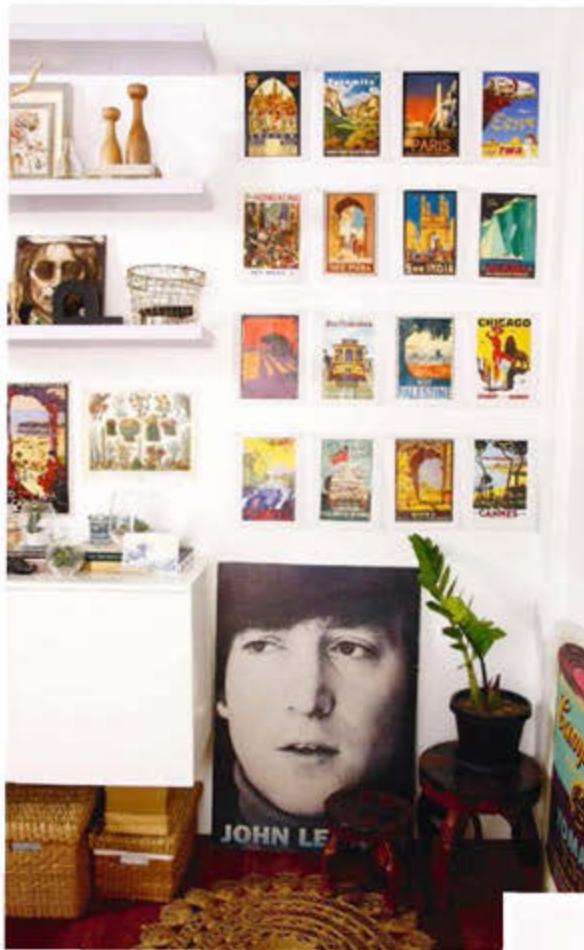
# AT YOUR PLACE

# DECORATING TIPS FROM

# A COSMO GIRL

*Paula Pangan*

This art director's neutral-hued bedroom is anything but boring, and everything graphic-cool.



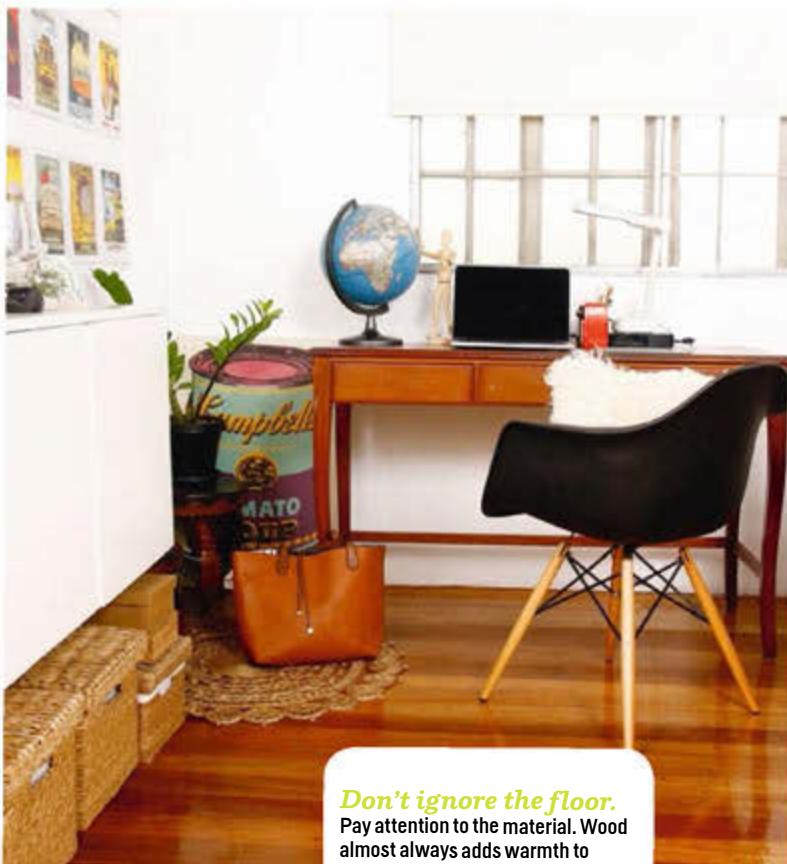
**Take inspiration from your own bucket list.** On the wall fronting her bed, Paula created a display to make her smile. "I needed to remind myself of the things that make me happy, so I made a wall inspiration corner of my favorite things: travel, The Beatles, art prints, and plants," she says. If you don't have the budget to buy artwork, Paula suggests downloading your favorite prints from a website like [www.freevintageposters.com](http://www.freevintageposters.com), and having them printed and framed.



**Create a moodboard.** As Cosmo's former art director, Paula knows that to tackle design projects like her bed room, she needs to look for pegs. "Before renovating your room, go on Pinterest and create your own inspiration board," she advises. "Especially when you're working with a tight budget—mas nailisip mo kung ano lang talaga ang dapat mong bilhin."

A statement chair, like this reproduction Eames, adds the wow factor in any space.

## Get the Look...

**Don't ignore the floor.**

Pay attention to the material. Wood almost always adds warmth to the space, and contributes to the overall palette. White walls and cabinets temper the heat.



*Primary colors pop against white, while black keeps the look grounded.* A well-curated shelf Paula had custom-made by a handyman displays many items she has collected from her travels, as well as some pop-art figures.



**Greens add subtle color to an otherwise neutral room.** Paula also makes pretty little terraria on the side, like these succulents and air plants in glass planters. Vintage posters showing various flora complete the vignette.





### Caipirinha

This frosty remix of Brazil's national cocktail will cool you down after a steamy samba session with your guy.

#### INGREDIENTS

1 ounce cachaça (such as Pítu or Leblon)  
2 ounces fresh lime juice  
½ teaspoon fresh lime zest (optional)  
1 ounce simple syrup  
3 cups ice cubes  
mint and lime, for garnish

**DIRECTIONS** Combine all ingredients in a blender and blend until frosty and thick. Garnish and serve.



### Paloma Fría

Love Margaritas? You'll be fly with this other tequila-based cocktail from Mexico named "The Dove."

#### INGREDIENTS

salt  
2 ounces reposado tequila  
½ cup ruby red grapefruit juice or pomelo juice  
1 tablespoon fresh lime juice  
1 tablespoon sugar  
grapefruit or pomelo wedge, for garnish  
2 cups ice

**DIRECTIONS** Run the grapefruit wedge around the glass and dip in the salt to coat the rim. Blend tequila, juices, sugar, and ice until smooth. Pour into the prepared glass and garnish.

## WHIP IT UP! LUSH LUST

These tasty, frozen Latin libations will keep you refreshed (and a bit buzzed) all summer.



### Margarita

Serving the world's most popular tequila cocktail screams "Party!" more than any drink can.

#### INGREDIENTS

¼ cup lime juice  
2 ounces reposado tequila  
3 ice cubes  
1 ounce orange juice  
1 ounce cold water  
1 ounce simple syrup

**DIRECTIONS** Blend all ingredients until smooth. Pour contents into a salt-rimmed glass.



### Sangria

Slushy, fruity, spiked—might as well call it a wine smoothie. Trust us...you're going to want to triple the recipe.

#### INGREDIENTS

¾ cup frozen strawberries  
1 cup red wine (such as Malbec)  
¼ cup Triple Sec  
1 tablespoon sugar  
1 cup ice cubes  
Orange or lime slice, for garnish

**DIRECTIONS** Blend all ingredients until smooth. Garnish and serve.

### Passion Fruit Mojito

A glass (or two!) of this is the next best thing to hopping on a plane to the Caribbean.

#### INGREDIENTS

6 fresh mint leaves  
½ cup crushed frozen passion fruit purée  
1 tablespoon lime juice  
2 ounces white rum  
2 tablespoons simple syrup  
1 ½ cups ice  
mint sprig, for garnish

**DIRECTIONS** Combine all ingredients except ice in a blender and purée until smooth. Add the ice and mix until frothy. Pour into a glass and garnish with a mint sprig.



# Shopping Directory



## BEAUTY

**Art Deco** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Aveda** At Basement Salon in Shangri-La Plaza and Greenbelt 5

**Beach Hut** At drugstores

**Belo** At supermarkets

**Benefit** [facebook.com/benefitcosmeticsphilippines](http://facebook.com/benefitcosmeticsphilippines)

**Bioderma** [watsons.com.ph](http://watsons.com.ph)

**Bobbi Brown** [facebook.com/BobbiBrownPH](http://facebook.com/BobbiBrownPH)

**Bliss** At SM Department stores

**Ciaté** At SM Department stores

**Clarins** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Clinique** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**CoverGirl** At major department stores

**Creightons** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Davines** At premium salons

**Daylong** At supermarkets

**Dior** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Earth Therapeutics**

[shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Essence** At SM Department Stores

**Estée Lauder**

[rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Etude House** At SM Department stores

**Eye of Horus**

[facebook.com/eyeofhorusph](http://facebook.com/eyeofhorusph)

**EVA NYC** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Fran Wilson** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Goody** At major department stores and supermarkets

**Gucci** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Hei Paa** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Holika Holika** At SM Department stores

**Human Nature** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Inglot** [inglotphilippines.com](http://inglotphilippines.com)

**Juice Beauty** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Kérastase** [kerastase.com](http://kerastase.com)

**Keratin Complex** At premium salons

**Kiehl's** [facebook.com/KiehlsPhilippines](http://facebook.com/KiehlsPhilippines)

**Kracie Japan Natululu**

[shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Lancôme** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**L'Oréal** At major department stores

**MAC** [maccosmetics.com.ph](http://maccosmetics.com.ph)

**Make Up Factory** [makeupfactory.com.ph](http://makeupfactory.com.ph)

**Make Up For Ever** [makeupforever.com.ph](http://makeupforever.com.ph)

**Mary Kay** [marykay.com.ph](http://marykay.com.ph)

**Maybelline** At SM Department stores

**Model Co.** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Murad** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Mythos** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Nanny Rose's** At SM Department stores

**NARS** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Neutrogena** At SM Department stores

**Nivea** At SM Department stores

**Ocean Potion** At SM Department stores

**Ogx** At SM Department stores

**Pantene** At supermarkets

**Pond's** At supermarkets

**Prestige** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Revlon** At major department stores and supermarkets

**RICH Hair Care** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Smashbox** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Shiseido** [facebook.com/ShiseidoPH](http://facebook.com/ShiseidoPH)

**The Body Shop** [thebodyshop.com.ph](http://thebodyshop.com.ph)

**TheFaceShop** [facebook.com/ThefaceshopPhilippines](http://facebook.com/ThefaceshopPhilippines)

**Toni&Guy** [watsons.com.ph](http://watsons.com.ph)

**Tony Moly** At SM Department stores

**Tresemme** At supermarkets

**Vaseline** At SM Department stores

**Veet** At SM Department stores

**Yadah** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Watsons** [watsons.com.ph](http://watsons.com.ph)

## FASHION

**Aqua** [aguaswimwear.com](http://aguaswimwear.com)

**Angelfish** [barbizon.com](http://barbizon.com)

**Aranaz** [aranaz.ph](http://aranaz.ph)

**Ava.ph** (Vanja Romoff) [ava.ph](http://ava.ph)

**Bayo** [bayo.com.ph](http://bayo.com.ph)

**Cesa** [cesaph.com](http://cesaph.com)

**Charles & Keith** [charleskeith.com](http://charleskeith.com)

**Cocomo** [cocomoclothing.com](http://cocomoclothing.com)

**Cocotini** [facebook.com/cocotiniresortwear](http://facebook.com/cocotiniresortwear)

**Cotton On** [facebook.com/CottonOnPh](http://facebook.com/CottonOnPh)

**Etam** [facebook.com/EtamPhilippines](http://facebook.com/EtamPhilippines)

**Forever 21** [forever21.com](http://forever21.com)

**Fly Shades** [facebook.com/iloveflyshades](http://facebook.com/iloveflyshades)

**H&M** [hm.com.ph](http://hm.com.ph)

**I Love Koi** [ilovekoi.com.ph](http://ilovekoi.com.ph)

**Lacoste** [lacoste.com](http://lacoste.com)

**Mango** [mango.com](http://mango.com)

**Michael Kors** [michaelkors.com](http://michaelkors.com)

**Naked Sun** [nsswimwear.com](http://nsswimwear.com)

**Neon Island** [neonislandclothing.com](http://neonislandclothing.com)

**Nothing But Water** [nothingbut2o.com](http://nothingbut2o.com)

**Nudo** [nudoswimwear.com.ph](http://nudoswimwear.com.ph)

**Pink Manila** [pinkmanila.ph](http://pinkmanila.ph)

**Primadonna** [primadonna.com.ph](http://primadonna.com.ph)

**Rustans Department Store (Josie Natori)**

**Soak** [soakswimwear.com](http://soakswimwear.com)

**Speedo** [speedo.com](http://speedo.com)

**Stradivarius** [stradivarius.com](http://stradivarius.com)

**Tomato** [tomato.ph](http://tomato.ph)

**Topshop** [topshop.com](http://topshop.com)

**Triumph** [triumph.com](http://triumph.com)

**Yuminum** [facebook.com/yuminum](http://facebook.com/yuminum)

**Zalora (Ray-Ban, Alt, 24:01, Claire's Pink**

**Tequila, Vogue, Jean & Rosz, Juicy Couture, Rubi, Sunnies Studio, Kycs** [zalora.com.ph](http://zalora.com.ph)

**Zara** [zara.com](http://zara.com)

## LIFESTYLE

**Aura Athletica** R1 Power Plant Mall, Rockwell Center; B2 Bonifacio High Street, BGC

**Angelfish** [barbizon.com](http://barbizon.com)

**Beauty Bar** [shop.beautybar.com.ph](http://shop.beautybar.com.ph)

**Charles & Keith** [charleskeith.com](http://charleskeith.com)

**Crate & Barrel** [crateandbarrel.com](http://crateandbarrel.com)

**Dior** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Heima** [heima.com](http://heima.com)

**Herschel** [facebook.com/HerschelSupplyPhilippines](http://facebook.com/HerschelSupplyPhilippines)

**H&M Home** [hm.com/ph](http://hm.com/ph)

**Lacoste** [lacoste.com](http://lacoste.com)

**Lazada** [lazada.com.ph](http://lazada.com.ph)

**L'Occitane** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

**Mango** [mango.com](http://mango.com)

**National Book Store** [nationalbookstore.com.ph](http://nationalbookstore.com.ph)

**Pylones** [facebook.com/PylonesPh](http://facebook.com/PylonesPh)

**Quis** [quis.ph](http://quis.ph)

**Rustans** [rustans-thebeautysource.com](http://rustans-thebeautysource.com)

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For magazines that move, inspire, and change lives, look for the true symbol of passion found only in Summit titles. Only our magazines deliver what you need—not merely colorful words and images, but features that jump off the page and matter in real life. Your life.



# horoscope

GET A SNEAK PEEK AT WHAT TO LOOK FORWARD TO IN **MARCH**.

BY AURORA TOWER @AuroraAstro

## PISCES / 02.19–03.20

**STELLAR GIFTS** You are creative, free-spirited, and wildly romantic.

**BLIND SPOTS** Changing your mind so often confuses your friends.

**FASHION FAVES** You can pull off anything, but dreaminess with an edge (think leather and lace) is one of your specialties.

**INDULGENCE** You are a visual person and have such a good eye, your Pinterest and Instagram feeds are epic and have loads of fans!

**SEDUCTION STYLE** The thrill of new love makes you swoon, but don't romanticize your partner too much.

**THIS MONTH** Tie up loose ends early because big things are happening when Mercury moves into your sign on the 12th. Speak up for yourself and you'll get results. Around the 17th, you may realize that a friend or ex you'd written off has more to offer than you'd thought.

**YEAR AHEAD** The solar eclipse in your sign on the 20th ensures this will be a big year! You tend to go with the flow, but strengthening your resolve about what you want and following through on it will pay off. June and August are very romantic. Whether single or coupled, a summer getaway will be steamy. You will have huge career success this fall, so work hard and then enjoy the rewards!

**YOU NEED** A pretty and provocative dress that will motivate you to get out and have some fun, even on cold nights.

JULIA  
MONTES  
03.19.95

Dress, H&amp;M, ₱899.



L'Occitane  
Vitoria Regia  
Soap, ₱545.

## ARIES

03.21–04.20

**YOUR MONTH:** The angle your ruler, Mars, makes with Jupiter on the 10th creates the momentum you need to make big moves. After the Sun goes into your sign on the 20th, you will feel a fresh burst of confidence. Don't be afraid to take a risk. **YOU NEED:** A luxury soap to act as an instant pick-me-up. **ARIES GUY:** He's gloomy. (Hello, quarter-life crisis!) Remind him you've got his back—a massage would be sweet and sexy.

## TAURUS

04.21–05.21

**YOUR MONTH:** Mars enters your sign on the 31st, something that only happens every other year, so take advantage of the blast of positive energy. It could lead to unexpected surprises. **YOU NEED:** An escape. Clear your head on a faraway beach (or nearby spa) in a sleek new swimsuit. **TAURUS GUY:** He needs personal space now. Don't sweat it. Send him a titillating text or two to remind him what's waiting for him.



Bikini, **Angelfish**, ₱549.75



best matches

## VIRGO

You're both creative and caring, and you bring that out in each other. And since you both like to experiment, the sexual chemistry is off the charts!



## TAURUS

You need a partner you can rely on, and the Taurus guy is as loyal and loving as they come. He makes you feel adored, and you help him find his spontaneous side.

## Aurora's Inspo

This is an action-packed month! A square between Pluto and Uranus on the 16th is the last in a series that's been disrupting the cosmos since 2012! Life will finally get more mellow again, so hold on!



### GEMINI

05.22–06.20

**YOUR MONTH:** The 1st is a very lucky day for you when your ruler, Mercury, makes glowing aspects from your zone of fame and success. Shoot for the stars—you can't miss right now! **YOU NEED:** A jacket with flair to take you from work to happy hour in style. **GEMINI GUY:** He's working long, late hours. One night, give him incentive and tell him you'll be waiting for him when he's done—in the buff, in his bed.

Jacket, Material Girl from Zalora.com.ph, ₱2,350.



### CANCER

06.21–07.22

**YOUR MONTH:** Think about long-term goals because the 16th might present new paths that are actually more in line with who you are today. Trust your instincts. The 24th is a great day to take a chance. **YOU NEED:** A duffel bag with plenty of room for everything you need for a romantic getaway. **CANCER GUY:** Even though he's in an introspective place right now, he wants to connect. Help him with some one-on-one time.

Bag, Herschel, ₱4,890



### LEO

07.23–08.22

**YOUR MONTH:** You're trying to balance your needs with those of others this month, but don't forget to take time for yourself. The 25th is a five-star day for you when the Sun makes a perfect angle with Jupiter, bringing luck in love, work, and fun! **YOU NEED:** Fierce pumps to show how powerful you feel. **LEO GUY:** His libido is up and he's hoping you'll be up for trying some new things. Do it!

Heels, Zara, ₱4,995.



### VIRGO

08.23–09.22

**YOUR MONTH:** The Full Moon on the 5th will be one of your most romantic days of the year, especially if you do a creative date night, like a picnic or taking a class together. Work opportunities will pop up after the 17th. **YOU NEED:** To splurge on something sensuous and indulgent. **VIRGO GUY:** This month, he wants to deepen your bond, so plan for lost weekends spent together in bed—bondage, optional!

Dior Capture Totale Dreamskin, ₱4,620.

the pisces guy

## MIKAEL DAEZ

03.07.88



**LOVES** A confident but adaptable girl who supports his ambitions.

**HATES** A buzzkill pragmatist who doesn't let him dream.

**DREAM DATE** Dancing the night away with his friends, followed by a steamy-hot shower session before bed.

**WIN HIM OVER** By being whimsical and free-spirited but still open to his ideas and plans.



### LIBRA

09.23–10.22

**YOUR MONTH:** You're surrounded by positive vibes this month. Be open to change near the 4th. When the Sun moves into Aries, your opposite sign, on the 20th, a promising new love or work project will materialize. **YOU NEED:** A great bronzer to get your winter-is-almost-over glow on. **LIBRA GUY:** He needs to blow off steam. Get sweaty at the gym and follow up with a shower à deux.

Happy Skin Contour Palette, ₱1,299.



### SCORPIO

10.23–11.21

**YOUR MONTH:** On the 17th, Venus, the planet of love, moves into your relationship zone. Your love life will be off the charts the next few weeks. Let yourself totally enjoy it, and stop worrying about a work project that stalled. **YOU NEED:** A sparkly cocktail ring that appeals to your dramatic tastes. **SCORPIO GUY:** Slow that boy down; he's running on empty. Tell him he's grounded and can't leave your room for a weekend!

Ring Mango, ₱695.



### CAPRICORN

12.22–01.19

**YOUR MONTH:** After this month, things will begin to settle down in your crazy life. On the 14th, your ruling planet, Saturn, will start moving into retrograde and allow you to take a breath and focus on the things you're most passionate about. **YOU NEED:** A belt that suits your love of style and function. **CAPRICORN GUY:** He needs you to keep him calm and focused. Might be just the right time to dip into the *Cosmo Kama Sutra*...

Belt, H&M, ₱599.

### AQUARIUS

01.20–02.18

**YOUR MONTH:** Focus on staying grounded right now as changes come near the 4th. Rest assured, these changes are for the best and won't impact you as much as you think. **YOU NEED:** A piece of art or pottery that really speaks to your creative aesthetic. **AQUARIUS GUY:** Don't let his stubbornness dictate plans. Push back with your own ideas. If things flare up, hold on and get ready for a hot make-up.

Travel art, Heima, ₱5,900.





Pick a feminist,  
any feminist.  
Love you, Mindy,  
Hannah, Peggy,  
Dany, Olivia,  
Leslie, and Liz!

# WHAT KIND OF FEMINIST ARE YOU?

## 1. Your vagina is:

- a. The name of your favorite girl power song.
- b. Capable of great things.
- c. Shameful and disgusting.

## 2. Your male boss calls you "sweetheart" and winks at you, so clearly, you:



- a. Jump on his desk, kick his papers around, and scream "This is harrassment!"
- b. Firmly tell him that it's not acceptable and demand an apology.
- c. Wink, squeeze your jugs, and respond in your best baby voice.

## 3. The guy you're dating doesn't love to go down on women. Your response is:

- a. "Goodbye forever, woman-hater!" 😜
- b. "Are you sure you're not just really bad at it?"
- c. "I'll still give you head for days. Lucky for you, I hate myself!"

## 4. You walk down the street and a construction worker whistles and says "Hi, sexy!" Your response is to:

- a. Karate-chop him in the dick, then say, "Ano ba problema mo?!"
- b. Flip him the finger inside your pocket.
- c. Wave, wink, and smile. 🤗

## 5. You make twice as much money as your boyfriend, and it makes him feel insecure. You decide to:

- a. Write him a breakup note on a ₱1,000 bill.
- b. Suggest couples counseling to work through it.
- c. Give up your board seat to sell peanuts by EDSA. Now he can feel like a man again!



## 6. Your hottest fantasy is:

- a. Women everywhere being able to go to school.
- b. A threesome on a yacht.
- c. Bringing honor to your husband.

## THE BREAKDOWN

### Mostly A's XXXTREME FEMINISTA

You are a hard-core feminist, and there's nothing wrong with that. The only thing is, you're also kind of a buzzkill. It's because everything offends you. (Count your dinner-party invites. Zero, right?) Sexism is unacceptable and we have to change it, but an old man who calls you "honey" doesn't deserve to die. Loving your passion, but don't forget perspective.

### Mostly B's CHILLAXED FEMINIST

You're a powerful woman, and you get what you want. To be a "good feminist," you don't have to read the latest Bell Hooks book or memorize every Bikini Kill song (which, don't get us wrong, would be hella cool). You just have to stand up for what you deserve (like that promotion). Your life is your own, and from what we can tell, you're living the tits out of it!

### Mostly C's SELF-HATING WOMAN HATER

I don't know where you got your twisted view of women, but it is totally damaging. You are allowed to make money, have a killer career, be respected, and still be a woman. This isn't the 1950s! To get into empowerment mode, we recommend a steady diet of *30 Rock* and *Sex and the City*. If you don't feel unstoppable after that, we give up!

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*Hot  
Icuccino*



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#DontCrackUnderPressure



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SWISS AVANT-GARDE SINCE 1860

**TAG HEUER CARRERA AUTOMATIC DIAMONDS**

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Official Service Center: **WATCHWORKS.**

2/F ALI MALL, Araneta Center, Quezon City

G/F AYALA CENTER CEBU, Cebu Business Park, Cebu City



# COSMOPOLITAN hour

From team @COSMOPOLITAN\_Philippines

CO-PRESENTED BY



## THE ULTIMATE HAIR GUIDE

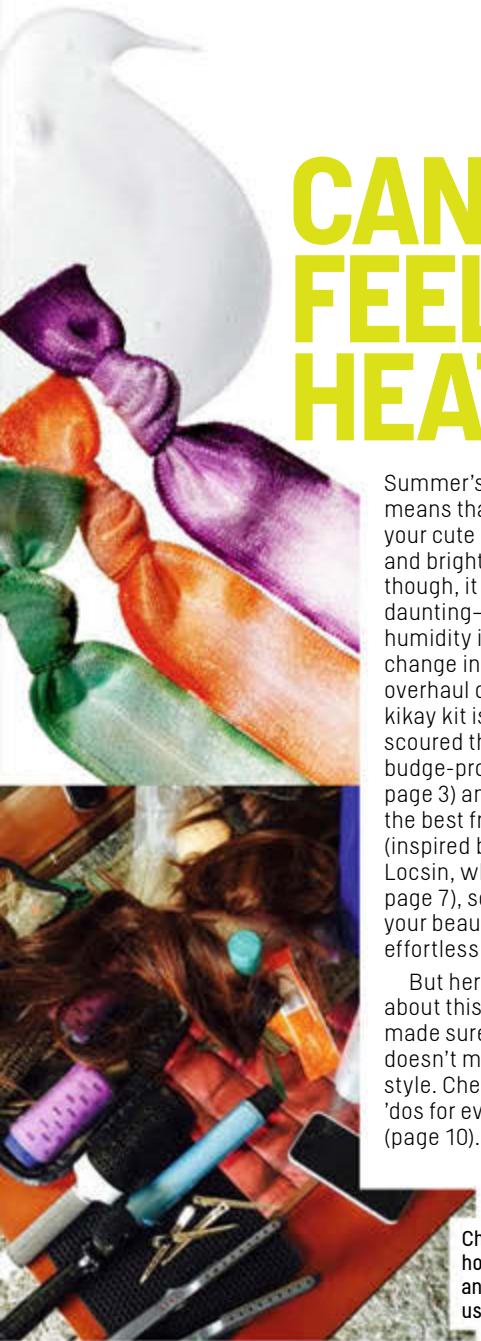
- DIY Summer Styles
- Beat-the-Heat Tricks
- More Celeb Inspo!

Girl talk with  
**Marina!**

Her top model hair tips  
and getaway style

3 SURPRISING NEW HAIR CARE RULES YOU SHOULD KNOW

# CAN YOU FEEL THE HEAT?



Summer's just easing in and that means that it's time to bring out your cute bikinis, flowy dresses, and bright sandals. Beauty-wise though, it can be a bit more daunting—especially when crazy humidity is involved. With the change in season, a major overhaul of your hair routine and kikay kit is needed. That's why we scoured the counters for the best budge-proof makeup (our picks on page 3) and roadtested some of the best frizz-fighting techniques (inspired by our girl crush, Angel Locsin, whose hair is always TDF, page 7), so you can always keep your beauty vibe looking as effortless as possible.

But here's what I'm really loving about this Cosmo Hair issue: We made sure that effortless hair doesn't mean a boring, predictable style. Check out the freshest, DIY 'dos for every summer occasion (page 10). You can do them all in

Check out all the hot tools, brushes, and hair pins we used for the shoot!



Nicole takes a #CosmoHairfie with makeup artist Anacleta Paredes.

Tag us in your #CosmoHairfie too!



just three easy steps, too! And because bad hair days are rampant this season, we got the lowdown on how to score, silky, healthy-looking hair 24/7. It's actually pretty simple—just nix the damage (the real cause of most BHDs, page 8) and flip to page 5 to read up on the new shampoo rules. Once you've got these tress tricks mastered, you'll be on your way to "hot girl" status in no time.

There's no need for you to go to great lengths to score a smooth, envy-worthy hair anymore. We've got you covered—frizz and *tikwas* won't stand a chance.

Enjoy soaking up the sun (with SPF, of course!) and don't forget to hashtag #CosmoHairfiePh. We want to see your fab summer styles!

*Nicole*  
**Nicole Romero**  
Editor-in-Chief



Makeup tip: Fan out falsies with a brush if they get tangled up!



Happy and Mich play around with summer hair accessories!

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- 6 **Angel Locsin's Secrets to Sexy, Summer Hair** Cop this fave
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(EDS PHOTO) DIX PEREZ.

# COSMOPOLITAN hair

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## On the Cover

Head & Shoulders  
model Marina  
photographed by Thomas Mangieri  
for Cosmo Hair.

# Meet Marina!

There's definitely more to our Cosmo Hair cover girl Marina than long, luscious locks and soulful eyes. Here are 5 things you should know about this model-of-the-moment!

## 1 She's your typical Brazilian beach babe.

Her caramel skin proves it—Marina's a major sun worshipper. But while she does bask in the heat once in a while, we're loving how she mixes practicality and style when protecting her hair and skin: a big floppy hat and oversized sunnies keeps her cool, literally and figuratively.

## 2 She loves to travel.

Travel is all in a day's work for an in-demand model, and living in foreign places is nothing new to Marina. She's currently based in Bangkok, but flies out often both for work and play. Where's she been lately? Well, you won't be surprised to find out that Marina absolutely loved El Nido, Palawan when she



was here last November. Her take on the blue water and even bluer skies? "This place is heaven."

## 3 Inspirational quotes and typography perk her up.

Just like the rest of us, Marina often takes to Instagram to post some #hugot quotes to get her through the day. Our favorite: "Keep your heels and standards high."

## 4 She's a cat lady!

Marina is a huge cat person—definitely our kind of girl. Her gray-and-white tabby is named Rabisco. With her feline-like grace and ability to transform from sultry to playful at the click of the camera, we're pretty sure she's found the perfect spirit animal.

## 5 Despite her glamorous lifestyle, she's pretty low-maint.

Off-cam, and as if to offset all the makeup and couture she wears at work, Marina dons neutral basics and often goes bare-faced. Her hair is naturally thick and wavy, so a daily shampoo to counteract the toll of styling, pollution, and stress is all she needs to keep her hair shampoo commercial-ready!

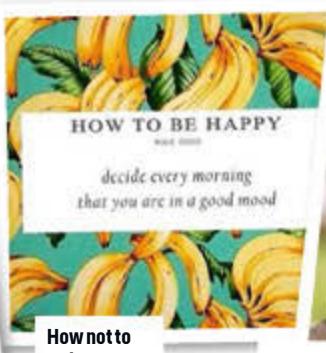
## Snapshots



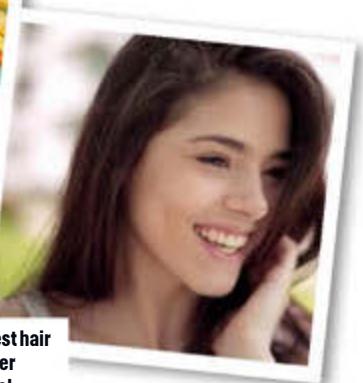
Beauty, au naturel!



#meow



How not to go bananas



Her best hair tool: her fingers!

**CANDY BRIGHTS**  
These statement bands let you play up your color sans the commitment of a dye job. **Multicolored Spandex Headbands, P349**

**WONDER WAND**  
Its bristles are smaller than the average clump, so you can get that big-lash look without worrying about sticky strands. **Max Factor Clump Defy Extensions Mascara, P795**

CHAMPAGNE  
EXTENSION  
FALSE LASH EFFECT

**LIP SERVICE**  
If a lip gloss and a colored balm got married, this would be their gorgeous offspring. **CoverGirl Lip Perfection Jumbo Gloss Balm in Watermelon Twist, P450**

MAX FACTOR X  
EXCESS INTENSITY

**SUBTLE POP**  
Bring out the whites of your eyes with a dash of blue on your lids. **Max Factor Excess Intensity Longwear Eyeliner in 02, P525**

COVERGIRL  
imperfection  
jumbo gloss balm

The top 10 buys you need in your arsenal right now.

**ACE BASE**

Got zero sleep? Top your morning moisturizer with this lightweight base perfector with SPF to get your skin looking ultra fresh in a flash. **Olay Total Effects Day Cream SPF 15, P789, and Pore Minimizing CC Cream, P499**

**SMOOTH OPERATOR**  
Ditch your other sponges; this is the one you need for that flawless, even finish, minus the mess. **Beauty Sponge, P345**

**COSMOPOLITAN  
fab  
find**

**PINCH PERFECT**  
Finally, a curler that lets you reach those super short lashes, thanks to its cute size and sidebar-free design. **Shu Uemura S Curler, P1,000**

180 ml

9620621

**TRESS RELIEF**

Dandruff-free and beautiful hair? This winning hair care duo makes it possible. **Head & Shoulders Smooth & Silky Anti-Dandruff Shampoo, P122.57/180ml, and Conditioner, P101/170ml**

170 ml

96228482

**COLOR PLAY**

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180 ml

9620621

170 ml

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## SHOULD YOU REALLY

## Wash Your Hair Daily?

We clue you in on today's major beauty debate.

Thank to the invention of dry shampoo, more and more women are skipping (what used to be) their daily hair washing habit. The reason? Dirty, day-after hair looks a lot sexier and the thrill of being able to prolong a salon blowdry has turned into a big time-saver. And while we're not dissing this beauty move completely, you should consider all the beauty angles before you start skipping your shampoo for days at a time.

## THE ARGUMENT:

## UNWASHED HAIR LOOKS BETTER.

**THE REAL DEAL:** The natural oils add a healthy sheen to dry locks and it can make your strands less frizzy. A huge bonus when you're beating summer humidity. However, when you opt to powder your roots in lieu of your usual shampoo, this hair move can also cause more build-up and dandruff later on. **THE COMPROMISE:** Use an anti-frizz serum or hair oil to help tame strands and boost shine. Just rub a few drops in between your palms and apply it from mid-length to ends to mimic the effect even if you opt to lather up daily.

## THE ARGUMENT: WHEN YOU SHAMPOO LESS, YOUR HAIR AND SCALP WON'T DRY OUT.

**THE REAL DEAL:** This is only true if the suds you're using is too strong for your locks. If you're hitting the gym, commuting, or using a lot of styling products

without cleansing properly, shampooing less can actually lead to an imbalance (and possibly fungus!) on your scalp. Watch out for symptoms like itchiness, flakes, and even hair fall.

**THE COMPROMISE:** Opt for a shampoo that's rich in intensive moisturizers (our recos on the side) to help soften and restore dry, frizzy hair. To help restore your scalp to its healthy condition, make sure that it also contains fungus-fighting ingredients like Zinc Pyrithione.

## THE ARGUMENT:

## I'M ALWAYS IN A HURRY AND DON'T WANT TO WASH MY HAIR.

**THE REAL DEAL:** This is a dilemma that multi-tasking, career-driven women tend to have. And while skipping a shampoo sesh occasionally isn't a problem, you don't want to make a habit of it. Why? Forgoing a proper shower can actually cause confidence issues subconsciously. After all, how powerful can you feel at a meeting if you're self-conscious about your oily (and possibly, smelly) scalp?

**THE COMPROMISE:** You have to make time to pamper yourself, CG. If you're always in a rush in the mornings, why not wash your hair at night? Tip: When lathering up, make sure you focus on massaging your scalp to help you de-stress and boost circulation to the scalp.

"Can they tell I  
shampooed  
yesterday?"





## The New Shampoo Rules

Follow these to score a healthy scalp and gorgeous, silky hair.

### GO AHEAD—SHAMPOO DAILY.

Think of your scalp as an extension of the skin on your face. The only difference is that it produces more oil, so it's important to cleanse it daily especially in warmer weather.

### ALWAYS FOLLOW UP WITH CONDITIONER.

Seriously, don't skip it. Your shampoo isn't to blame when your hair gets dry—it's your lack of conditioning. Replenish and boost your strands' hydration with a nourishing conditioner.

### TRY WASHING YOUR HAIR UPSIDE DOWN.

This lets you to focus on your roots, so the suds won't spend too much time on the ends of your strands. Remember to run a wide-toothed comb through your hair pre-shower to nix excess tangles.



# SECRETS TO SEXY, SUMMER HAIR



## Score lush, healthy locks like Angel Locsin's with these no-fuss hair care tips

### WASH WELL

It may be season to soak up the sun, but beware of sweat and dirt buildup on your scalp, which can lead to dandruff.

Keep clean by lathering with a gentle anti-dandruff shampoo like Head & Shoulders daily, focusing on your scalp before gently running the suds through your strands and rinsing thoroughly.

(Too much shampooing can easily dry out the mid-lengths and ends of your hair, especially in this weather.)



### DRY HAIR BEFORE STEPPING OUT

If you think letting your mane air-dry while en route to the office is doing you any favors, it's not. The only thing it does is expose your fragile strands to sun, dirt, and pollution, which in turn will result in frizz, breakage, and dullness. Remember: Wet locks are more vulnerable to damage, so make sure your hair's at least almost dry when you head out.

### MINIMIZE FRICTION

Are you guilty of vigorously rubbing a towel on your head post-shower? Ditch this practice stat. The friction not only damages your hair's cuticles, it also sets you up for some serious frizz later. The key is to be gentle: Just dab your towel on your locks and squeeze the water out. Once hair is no longer dripping wet, use a wide-tooth comb—not a brush—to smoothen out the tangles. Start by detangling the ends first, then work your way up. Try Goody Detangle with Lift 2-in-1 Comb Set, P329.75, PCX.

### CONDITION REGULARLY

Dry, parched strands are more prone to breakage and frizz, so make sure not to skip the conditioner after you wash. Hate conditioners because they weigh you down? You're probably using it the wrong way! To keep your mane from losing body, just apply from the middle to the ends of your tresses, never on your roots.

Once a week, go the extra mile by letting your locks marinate in a deep conditioning treatment or mask for at least 30 minutes. And if you have chemically-treated hair (perm, rebonded, or colored), hit the salon for a nourishing treatment once every three months.

### STAY PROTECTED

Sun exposure not only dries out your hair and makes it brittle, it can also speed up the fading of your hair color. Invest in a chic hat if you plan to stay outdoors for long periods, or use a sun-shielding leave-on treatment prior to stepping outside. (Try Snœ Hair Heroes Intense UV Thermal Barrier Protect, P299, which has argan oil to condition hair, too.) The same goes for your heated styling tools: Apply a heat-protecting product first before using your curling or flat iron.



# WHAT'S YOUR Damage?

It's time to reevaluate your hair habits and save your strands! Before you have your much-awaited summer fun, read up and see if you're guilty of making these surprising mane mistakes.

## MISTAKE #1: Skipping conditioner

Shampoos will keep your hair clean—that's about it. One big haircare mistake a lot of women make is skipping conditioner entirely. Regularly using conditioner will help replenish your hair's lost moisture and repair damage. It will also save you from breakage when you brush out your hair after a shower.

**WHAT TO DO** Take your favorite conditioner and apply it to your hair, skipping the roots. Be sure to use the right one for your hair type.

## MISTAKE #2: Not letting your hair down

While it's perfectly understandable that you prefer keeping your hair up and away from your face, make sure you're doing it the right way.



**WHAT TO DO** Go for soft-fabric hair ties instead of elastic ones—those weaken and break your hair. Change up the position of your ponytail, too. Go for high ponytails one day and low ones the next. Keeping your ponytail in the same position will stress out and damage that part from all the tension. If you prefer doing buns, make sure not to twist your hair too tight.

#### MISTAKE #3: Skipping (what should be) regular trims

So you refuse to see your hairdresser yet because you want super long locks? The ends of your hair are the weakest part and most prone to breaking, so in the long run, your hair won't actually grow longer.

**WHAT TO DO** Schedule trims every three or four months—no excuses.

#### MISTAKE #4: Using alcohol-based products

Alcohol, one of the main culprits of having dry hair (and skin!), is usually found in hairsprays and volumizing products.

**WHAT TO DO** Make it a habit to carefully read the labels and ingredients list of your beauty products. But if you're too invested in your HG hair products even if they contain alcohol, be sure to compensate with moisturizing shampoo and conditioner. (But you should just ditch them completely, really.)

#### MISTAKE #5: Spending way too much time in the water

There's nothing wrong with being a beach babe, but don't forget about your locks. The high concentration of salt in beach water breaks down the protein in your hair, leading to severe dryness and breakage. Chlorine from swimming pools have the same effect.

Don't worry about those sea salt sprays that help you get sexy messy hair, though, they're perfectly safe to use, because the salt concentration isn't high enough to cause damage.

**WHAT TO DO** Apply hair masks pre-swim to really protect and moisturize your hair. And once you step out of the water, run to the showers to shampoo and condition.

#### MISTAKE #6: Skipping sun protection

UV rays from the sun don't just damage your skin—they ruin your hair, too.

Harmful rays weaken your hair.

**WHAT TO DO** Several UV protection sprays for the hair are out in the market, but studies show that you'll need a ridiculous amount of product to really get the protection you need. So while you can still use these sprays for added protection, step out in stylish caps and hats instead.

#### MISTAKE #7: Hot tool addiction

The scalding heat hot tools produce is very dangerous for your hair. The high heat they generate ruins protein structures in your tresses. And yup, you can totally burn your hair off with your curling iron (search for it on YouTube!).

**WHAT TO DO** Before you grab your hot tool, let your hair air dry completely. Applying heat directly on damp hair will "boil" it, which is why a cloud of steam

rises. Do not forget to spritz on a heat protectant spray before you straighten or curl, too. Go for tools with ceramic plates, which distribute heat more evenly than metal tools. And don't forget to regulate the temperature—nothing's un-sexier than fried hair. A better fix? Ditch the hot tools completely and go *au naturel*.

#### MISTAKE #8: Relaxing your curls and waves

The chemicals used in relaxants make your hair super brittle. Think of it this way—they create pot holes in your hair. Yikes.

**WHAT TO DO** Keratin, the protein in your hair, can be replaced if you religiously deep condition. Stock up on vials of hair vitamins and conditioners, they will save your thirsty locks!

#### MISTAKE #9: Constant hair dyeing and bleaching

Most hair dyes contain ammonia, which basically sucks out all the moisture from your hair. That, coupled with bleaching your hair to strip the pigment off? Double the damage.

**WHAT TO DO** If you can't stay away from dyeing your hair, the key is maintenance. Use only shampoos and conditioners specially formulated for colored and treated hair.



## For a Chill Staycation

Decided to stay in the city? Chic and effortless is the beauty vibe you'll want to give out.

**STEP 1** Work some volumizing mousse into damp strands and then flip your head upside down while you blowdry.

**STEP 2** Once it's 100% dry, straighten up and part your hair where it naturally falls.

**STEP 3** Grab a curling iron with a medium-sized wand and twist the barrel outwards (read: away from your face) to create flowing, carefree waves.

# TASTE OF Summer

High-maint hair? Now that's just ridiculous. Here are the freshest ways you can style your strands for the hottest shindigs of the season.

PHOTOGRAPHS BY DIX PEREZ



## For an Impromptu Roadtrip

Hitting the road with your man? A roughed-up ponytail can keep you looking sexy for hours.

**STEP 1** Mist sea salt spray onto dry strands to enhance your hair's texture.

**STEP 2** Lightly tease the crown for more volume and hand-rake strands into a high pony. Secure tightly with a hair tie that's the same color as your tresses.

**STEP 3** Tame loose strands by misting your fingers with hairspray and gliding 'em over any annoying strays.



## For Some Seaside Glam

A piecey, faux bob is surprisingly chic (and impressive!) at the beach.

**STEP 1** Curl strands and divide into two sections. Secure each part with an elastic tied close to your nape.

**STEP 2** Roll each section inwards, going towards your neck. Use hairpins to lock the looped ends tightly.

**STEP 3** Pull on the shortest layers to release and create the illusion of shorter hair. Don't worry if it's uneven—rumpled curls are more romantic.



## For A Sunset Barbecue

An outdoor cookout calls for the perfect combo of casual and cute.

**STEP 1** Part hair at the center and fingercomb a dollop of styling cream through dry strands.

**STEP 2** Create easy-going waves by twisting and braiding one-inch sections. Then, use a flat iron to press over each piece. Spritz with hairspray for extra hold.

**STEP 3** Wrap random pieces around a thin curling iron to add more movement and definition. Finish with a cute hippie band that's discreetly pinned at the back, so it won't bunch up.

## For Your Nine-to-Five

The proper hair prep can help you kick humidity-induced BHDs to the curb.

**STEP 1** Dry hair absorbs more H2O from the air, so use a moisturizing shampoo and conditioner (try the Head & Shoulders Smooth & Silky line).

**STEP 2** Pre-blowdry, mix a drop of argan oil with an anti-frizz cream to help keep humidity out and score an extra shine boost.

**STEP 3** Once your hair is dry, quickly run a flat iron over the top half of your strands. Finish by fingercombing more oil over the ends of your locks.



## For a Cool Music Festival

A hairline braid is a great way to add a pretty edge to your rockstar look.

**Step 1** Create a deep side-part and work some light-hold gel into the section you'll be braiding to nix frizz.

**Step 2** Mind the direction of the plait while weaving, so it wraps around your ear. Keep it loose as you go.

**Step 3** Pin the ends underneath and decorate your braid with stylish accessories (like these studs from Claire's!) for a standout finish.

# Trending Tresses

Cosmo stalked our favorite celebs for some hot hair looks! From pulled-together to punk-chick, here's our latest hair-spiration, fresh off the red carpet

## GLOSSY AND SHINY

Slicked-back hair and understated makeup spell sophistication. Keep the shine factor high for maximum oomph.



Lily Collins



Miley Cyrus

## THE MID-LENGTH MUSS-UP

That awkward-length stage is now all the rage! On-trend tip: scrunch it up to make it piece-y.



Dakota Johnson



Emma Stone



Emma Roberts



Kim Kardashian



Taylor Swift

(PHOTOS) REX FEATURES. THE CELEBRITY PHOTOS USED ON THIS PAGE ARE FOR ILLUSTRATION PURPOSES ONLY. THE CELEBRITIES FEATURED ON THIS PAGE DO NOT ENDORSE HEAD & SHOULDERS SHAMPOO.

## TURN UP THE VOLUME

For effortless and easy grunge-glam, curl strands and tease hair at the crown for eye-catching height (rad hair color optional!)



Gwen Stefani



Charli XCX



Katy Perry



Lorde

**1** Do practice proper hair washing—don't even think of applying conditioner on your roots.

**2** Do use hydrating hair masks to deep condition at least once a week—it's the perfect excuse for a home spa sesh.

**3** Do eat properly. Go for food rich in omega-3 fatty acids, iron and protein for healthier locks.

# 10 HAIR Commandments

EVERY COSMO GIRL SHOULD KNOW

**4** Do find yourself a go-to hairstylist, one who knows how to frame your face and understands your lifestyle perfectly.

**6** **Don't OD on shampoo. Use just the right amount for your hair's length and thickness. Shampoo daily, especially if you have oily hair.**

**7** Don't forget conditioner. Conditioner will keep your locks moisturized and frizz-free.

**8** Don't skip trim sessions at the salon for healthy and split-end free hair.

**5** Do try your best to stay away from hot tools for your tresses—there's no cure for burned hair.

**9** Don't forget to use leave-in conditioner, especially pre-workout. The salt from your sweat can suck out moisture from your scalp!

**10** Don't forget to brush your hair out regularly, it helps distribute your natural oils evenly.

# SMOOTH. SILKY. Extra Healthy!

A surprising result of healthy, dandruff-free hair?  
Hair that's as smooth and silky as it is strong and  
beautiful. Just ask Angel.



**head & shoulders**